

Chair Yoga For Seniors





Image	Pose	Description
	Chair Heart Centre	Sit on front of chair. Feet grounded. Palms together over heart. Benefits: Calming. Video: https://www.youtube.com/embed/Cz0RPzpPHTA
	Chair Up Dog	Sit on front of chair. Feet grounded. Palms on thighs. Arch back. Look up. Feel stretch in front of neck. Engage core. Benefits: Strengthens spine, arms, wrists. Stretches chest, lungs, shoulders, abs. Video: https://www.youtube.com/embed/Cz0RPzpPHTA
	Chair Arms Out	Sit on front of chair. Feet grounded. Push arms away from you (parallel to floor). Engage core. Benefits: Strengthens arms. Engages core. Video: https://www.youtube.com/embed/Cz0RPzpPHTA
	Chair Side Bend I	Sit on front of chair. Feet grounded. Inhale and raise arms overhead. On exhale lean over to left. Inhale back to centre. Arms down. Repeat on left. Alternatives: One arm overhead. Benefits: Stretches side of body. Video: https://www.youtube.com/embed/HPGblhyVvWg?rel=0

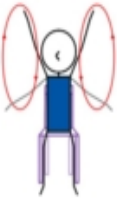

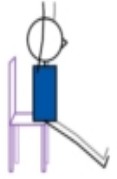
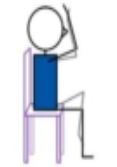

Image	Pose	Description
	Chair Arm Circles	<p>Sit on chair. Circle arms clockwise. Circle arms anti-clockwise.</p> <p>Benefits: Shoulder stretch</p> <p>Video: https://www.youtube.com/embed/P4SI5luoZG0</p> <p>Modifications: Circle with one arm. Circles with arms in front of body.</p> <p>Precautions : Shoulder pain.</p>
	Chair Ankle Curl	<p>Sit on front of chair. Ground feet firmly. Lift left leg straight in front of you. Stretch toes up, down and around. Switch legs.</p> <p>Alternatives: Rotate foot in circles.</p> <p>Benefits: Ankle stretch.</p> <p>Video: https://www.youtube.com/embed/uEYvmHg3Pw0</p>
	Chair Down Dog Arms Up	<p>Sit on front of chair. Inhale. On exhale, extend feet and raise arms above head (so you're in classic Down Dog position).</p> <p>Benefits: Strengthens arms. Engages core.</p> <p>Video: https://www.youtube.com/embed/Cz0RPzpPHTA</p>
	Chair Eagle	<p>Sit on front of chair. Feet grounded. Lift right leg across left. Fix gaze ahead. Lift arms to shoulder height. Take right arm across left. Bend elbows. Palms together. Repeat with left leg across right and left arm across right.</p> <p>Benefits: Release tight shoulders.</p> <p>Video: https://www.youtube.com/embed/YF8proB938U</p>
	Chair Arms Heels Up	<p>Sit on front of chair. Feet grounded. Lean forward. Push arms away from you (parallel to floor). Engage core. Raise heels so only toes touch the floor.</p> <p>Benefits: Strengthens arms, legs, heels. Engages core.</p> <p>Video: https://www.youtube.com/embed/Cz0RPzpPHTA</p>

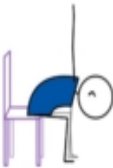
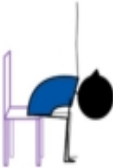


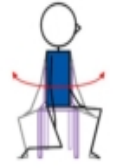

Image	Pose	Description
	Chair Twist Fold Right	Sit on chair with legs apart. Bend forward. Let back round over. Lower torso towards thighs. Keep left hand on floor and twist to right while raising right arm to ceiling. Benefits: Strengthens arms. Engages core. Relieves back pain. Detoxifying. Video: https://www.youtube.com/embed/Cz0RPzpPHTA
	Chair Twist Fold Left	Sit on chair with legs apart. Bend forward. Let back round over. Lower torso towards thighs. Keep right hand on floor and twist to left while raising left arm to ceiling. Benefits: Strengthens arms. Engages core. Relieves back pain. Detoxifying. Video: https://www.youtube.com/embed/Cz0RPzpPHTA
	Chair Arms Up Toes Up	Sit on front of chair. Feet grounded. Lean forward. Push arms away from you (parallel to floor). Engage core. Raise toes up (heels remain on mat). Spread toes. Benefits: Strengthens arms, legs, heels, toes. Engages core. Video: https://www.youtube.com/embed/Cz0RPzpPHTA
	Chair Blast Offs	Sit on front of chair. Feet grounded. Cross arms over chest (or arms out). Engage core. Stand up. Sit down. Repeat. Benefits: Strengthens arms, legs, buttocks. Engages core. Video: https://www.youtube.com/embed/Cz0RPzpPHTA
	Chair Lunge I	Sit on front of chair. Swing legs to right (lunge position) and to the left in one movement. Repeat. Benefits: Loosens up legs and waist. Video: https://www.youtube.com/embed/Cz0RPzpPHTA

Image	Pose	Description
	Chair Abdominal Breath	<p>Sit on front of chair. Feet firmly grounded. Hands on thighs. Place both hands on belly. Feel hands rising on inhale. Imagine belly is a balloon that inflates on the inhale and deflates on the exhale.</p> <p>Benefits: Calming.</p> <p>Video: https://www.youtube.com/embed/C_4E_QoDRSQ</p>

Lesson Plan Description:

This short sequence is beneficial for anyone who sits on a chair for long periods of time, for people with mobility issues, for the elderly, and for people with disabilities.

Benefits of Chair Yoga For Seniors

1. Improved Strength

Elderly people will be better able to continue with hobbies and daily activities independently for many more years to come. If they are unlucky enough to suffer a fall or injury, a strong body will be able to withstand this better and sustain fewer injuries.

2. Improved Flexibility

Chair yoga can help those with mobility issues undertake activities that they have been unable to, such as reaching down to tie shoe laces or pick things up.

3. Improved proprioception

Proprioception is the skill of knowing where your body is in space and coordinating your movements accurately. This is particularly important for older adults and can prevent falls, and for people with disabilities or conditions such as MS.

4. Improved mental clarity

Chair yoga can lessen the impact of chronic illnesses and pain. For elderly people, it may also help them cope with feelings of isolation if this is a problem. Being calmer and more relaxed inevitably leads to a feeling of happiness and well-being.

5. Opportunities to socialise

Joining chair yoga classes for those with mobility issues and the elderly will also give them a venue to socialise and make friends.

6. Improved pain management

Chair yoga includes breath work, which can help people not only with stress management but also in coping and managing pain. Through meditation and paying attention to your breath, you can help your body and mind to cope with the pain of an illness or condition.

You can create lesson plans like this using the [Genie Lesson Planner](#)