

# Chair Yoga For Seniors

## Easy pose:

1. Sit in a chair with your feet flat on the floor and your back straight.
2. Close your eyes and take a few deep breaths.
3. Relax your shoulders and let your arms rest by your sides.

## Chair twist:

1. Sit in a chair with your feet flat on the floor and your back straight.
2. Twist to the right, bringing your right elbow to your left knee.
3. Hold for a few breaths, then return to the center.
4. Repeat on the left side.

## Chair forward bend:

1. Sit in a chair with your feet flat on the floor and your back straight.
2. Lean forward from your hips, keeping your back straight.
3. Bring your hands to the floor in front of you or rest your hands on your knees.
4. Hold for a few breaths, then return to the starting position.

## Eagle arms:

1. Sit upright in your chair and stretch your arms straight out in front of you.
2. Cross your left arm over your right and bend your elbows, bringing your forearms together.
3. Interlace your fingers, raise your elbows slightly, and arch your back a bit.
4. Hold this position.
5. Then switch with right arm over left.

### **Chair warrior II:**

1. Stand behind a chair with your feet hip-width apart.
2. Step forward with your right leg and bend your right knee until it is at a 90-degree angle.
3. Keep your left leg straight and your back straight.
4. Hold for a few breaths, then return to the starting position.
5. Repeat on the left side.

### **Chair bridge:**

1. Lie on your back with your knees bent and your feet flat on the floor.
2. Place your hands on your hips and lift your hips off the floor until your body forms a straight line from your shoulders to your knees.
3. Hold for a few breaths, then lower back down to the floor.

### **Cat-cow stretch:**

1. Sit at the edge of your chair with your back as straight as it can be and your core muscles engaged.
2. Inhale and gently arch your back as far as is comfortable and hold that position.
3. Bring your back to its original position, and invert the stretch, holding it before returning to your original position.