



4 Chair Yoga Poses For Seniors



1

Mountain Pose:

Resist the urge to hunch up your shoulders. Keep them soft, relaxed and away from the ears.

Steps to do this pose:

1. Sit tall with a straight spine.
2. Keep your heels under your knees, your knees in line with your hips, your rib cage lifted and the center of your head reaching up.
3. Roll your shoulders up, then relax them back and down.
4. Hold for several breaths.



2

Spinal Lubricator Pose:

Large circular motions from the midsection can help alleviate tightness & tension in the lower back.

Steps to do this pose:

1. Come back to Mountain Pose. From Mountain Pose, place your hands on your hips, then move your torso (ribcage) in a circle, slowly leaning forward to the right, then to the back, to the left and to the forward.
2. Do three circles, then reverse the direction.



3

Seated Warrior Pose

This move improves circulation and strengthens your shoulders, arms, legs and abdomen.

Steps to do this pose:

1. Step right foot out towards right; left foot should be at a slight angle, relax the left knee in toward the chair and place your hands on your hips.
2. Gently turn your torso (ribcage) to the right as you raise your arms straight up from shoulders. Palms should be facing each other.
3. Press your shoulders down to relax them. For proper alignment, look forward and slightly up.
4. If you have shoulder pain, perform this pose keeping your arms at your side. Repeat on the other side.



4

Half Moon Pose

This pose is a good way to strengthen your midsection and gently stretch your spine.

Steps to do this pose:

1. Come back to Mountain Pose, place your left hand on your left hip and lift your right arm up by your ear, keeping your shoulders down.
2. Lean toward the left until you feel a stretch down your right side.
3. Hold for one breath, then switch sides. Repeat two times on each side.
4. To modify for shoulder issues, place your top hand on your hip as you reach the opposite hand towards the floor.