

# Gentle Chair Yoga For Seniors PDF

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## **Connect to the Breath**

- Sit tall and straight in your seat
- Place both hands on your belly
- Move hands to your rib cage, fingers on facing out thumbs toward your back.
- Move one hand to your chest, and one on your belly.
- In each position inhale and exhale 3 times each



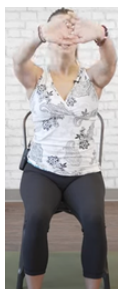
## **Seated Cat Cow**

- Move forward in your seat so your knees, ankles, and hips are at 90 degrees
- With hands on your thighs bring them back to lift and open your chest
- Exhale and arch your upper back
- Inhale and return to original position
- Repeat 5 times



## **Rolling Shoulders**

- Bring your shoulders up toward your ears
- On an exhale roll your shoulders back and down
- Inhale and bring your shoulders up
- Repeat 5 times



## **Palm Out Stretch**

- Lace your fingers together and face your palms outward
- Straighten your arms in front of you and raise them to chest level
- Inhale, raise chest and look up slightly
- Exhale and roll your back forward
- Repeat 5 times



### Hand Clasp Rotations

- Keeping your fingers laced and palms facing out, rotate your arms in as wide of a circle as possible
- Circle to the right 5 times, and repeat rotating to the left



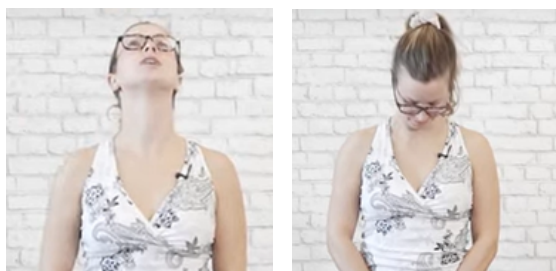
### Elf Ear

- Sitting straight and tall, tilt your head to one side feeling a stretch in your neck
- Bring shoulders down if they rise
- Hold for 10 seconds
- Repeat on other side



### Left and Right

- Sitting tall and straight keep your chin parallel with the floor
- Rotate your head to the left and right like you were crossing the street
- Repeat 5 times



### Up and Down

- From center bring your chin up
- Bring your chin back down toward your chest
- Repeat 5 times



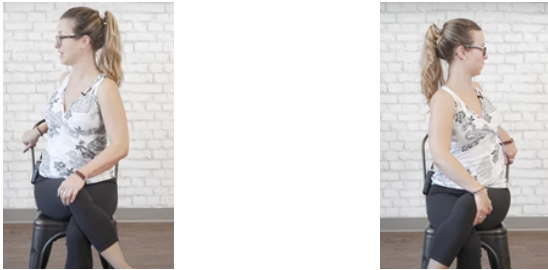
### Seated Pike

- From a tall seated position, lean forwards from the hips keeping your back straight
- Lean forward as far as possible
- Hold for 10 seconds



### Seated Leg Lifts

- Slowly lift one leg and extend your leg straight out in front of you
- Alternate leg and repeat 5 times per side



### Cross Legged Twist

- Cross your left leg over your right
- Turn toward the back of the chair on the left side
- Hold for 10 seconds
- Return to neutral, cross your right leg over your left and repeat on the other side



### Over Hand Lean

- Place your right hand on your thigh and raise your left arm bending at the elbow to place your palm on top of your head
- Lean to the right side while keeping your body straight
- Alternate sides 5 times