

Free Printable Chair Yoga Plan

For beginners and seniors

This free printable chair yoga plan is designed to help improve mobility, flexibility and strength in a gentle, accessible way. All exercises are performed seated or with the support of a chair, making this routine suitable for beginners, seniors and anyone with limited mobility.

No prior yoga experience is required.

How to use this guide

- **Session length:** 15 to 20 minutes
- **Frequency:** 2 to 4 times per week, or more often if comfortable
- **Equipment needed:** A stable chair. A yoga mat or folded towel is optional.

Move slowly, breathe steadily and stay within a pain-free range of motion. If you feel discomfort, reduce the movement or skip the exercise.

Beginner chair yoga plan

1. Seated breathing and posture awareness



Time: 2 minutes

Sit tall on the chair with both feet flat on the floor. Relax your shoulders and place your hands on your thighs. Take slow, steady breaths, focusing on lengthening the spine as you inhale and relaxing as you exhale.

2. Chair cat-cow stretch

Breaths: 5

Gently move between arching and rounding the spine, shifting your shoulders forwards and backwards to extend the stretch further. Inhale as you open the chest and exhale as you round the back. This helps warm up the spine and improve mobility.



3. Chair raised hands pose



Breaths: 5

Raise your arms overhead while keeping your shoulders relaxed. Sit evenly through the chair and focus on lifting through the upper body without straining the neck.

4. Chair forward bend

Breaths: 5

Fold forward over the legs, allowing the head and neck to relax. Rest the hands on the floor or thighs. Move slowly with the breath.



5. Chair extended side angle



Breaths: 3 to 5 per side

Twist gently through the torso while keeping the movement controlled. Focus on opening the chest rather than forcing the stretch.

6. Chair pigeon

Breaths: 3 to 5 per side

Cross one ankle over the opposite thigh to stretch the hips and glutes. Stay upright or lean forward slightly if comfortable.



7. Chair spinal twist



Breaths: 5 per side

Sit tall and gently twist through the spine, using the chair for support. Lengthen the spine on each inhale and twist on each exhale.

8. Final relaxation: chair savasana

Time: 2 to 3 minutes

Sit comfortably with your eyes closed and hands resting in your lap. Allow your breathing to slow and your body to relax before returning to your day.



Tips for beginners and seniors

- Move slowly and with control
- Focus on breathing rather than depth of stretch
- Use the chair for support at all times
- Skip any movement that causes pain or discomfort
- Sessions can be shortened to 10 minutes if needed
- For a longer session, add in additional movements like warrior I, warrior II or reverse warrior

This plan can be repeated as often as you like and adapted over time as strength, flexibility and confidence improve.

Important note

If you have any existing health conditions or injuries, speak with a healthcare professional before starting a new exercise routine.

For more exercises, beginner guidance and fitness advice, visit <https://www.puregym.com/blog/>.

