

Chair Yoga Sequence for Seniors



1. Hands Chest Chair



2. Chair Neck Rolls A



3. Chair Neck Rolls B



4. Chair Neck Rolls C



5. Chair Seated Shoulder Circles



6. Chair Seated Side Stretch Pose



7. Chair Seated Side Stretch Pose



8. Chair Seated Twists



9. Chair Seated Twists



10. Chest Expansion In Chair



11. Hands Up Chair



12. Head Up Chair



13. Chair Pigeon Pose • Chair Kapotasana



14. Seated Low Lunge Variation Chair • Anjaneyasana Variation Chair



15. Chair Pigeon Pose • Chair Kapotasana



16. Seated Low Lunge Variation Chair • Anjaneyasana Variation Chair



17. Hands Chest Chair



18. Seated Cactus Arms Chair



19. Plantar Fasciitis Healing With Ball



20. Plantar Fasciitis Healing With Ball