

# 28 Day Chair Yoga for Seniors

## A Gentle Printable Daily Movement Plan

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Use this simple 28-day chair yoga plan to enjoy gentle daily movement, breathing, and relaxation.

**Safety First:** Please talk with your doctor or healthcare provider before starting any new exercise routine, especially if you have a medical condition, pain, balance problems, recent surgery, or limited mobility. Move slowly and stop if you feel pain, dizziness, chest discomfort, or shortness of breath. This plan is for general gentle movement only and is not medical advice.

**Name:** \_\_\_\_\_

**Start Date:** \_\_\_\_\_

# Quick Start Guide

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## How to Use This Printable

- Follow one day at a time, in order, from Day 1 to Day 28.
- Read the focus and movements for the day, then move gently at your own pace.
- Check the box when you finish each day to track your progress.
- When you complete all 28 days, you can repeat the plan as often as you like.

## What You Need

- A sturdy chair without wheels, placed on a flat, non-slip surface.
- Comfortable, loose clothing that lets you move easily.
- A glass of water kept nearby.
- A small open space around the chair so you can stretch your arms.

## Safety Reminders

- Check with your healthcare provider before you begin.
- Keep your feet flat on the floor when possible.
- Never force a stretch — only move as far as feels comfortable.
- Stop and rest if you feel pain, dizziness, chest discomfort, or shortness of breath.
- Breathe slowly and steadily; never hold your breath.

**Suggested Daily Time:** About 5–15 minutes each day. Even a few gentle minutes count.

# Your 28-Day Chair Yoga Plan

## Week 1: Gentle Start

Day	Focus	Movements	Time	Done
1	Posture & Breath	Seated Mountain Pose + Deep Breathing	5–10 min	<input type="checkbox"/>
2	Upper Body	Shoulder Rolls + Neck Stretch	5–10 min	<input type="checkbox"/>
3	Hands & Wrists	Wrist Circles + Finger Stretches	5–10 min	<input type="checkbox"/>
4	Spine	Seated Cat-Cow	5–10 min	<input type="checkbox"/>
5	Feet & Ankles	Ankle Circles + Heel Lifts	5–10 min	<input type="checkbox"/>
6	Side Body	Seated Side Stretch	5–10 min	<input type="checkbox"/>
7	Rest Day	Rest, Breathing, and Reflection	5 min	<input type="checkbox"/>

## Week 2: Flexibility and Comfort

Day	Focus	Movements	Time	Done
8	Gentle Cardio	Seated Marching	5–12 min	<input type="checkbox"/>
9	Spine Mobility	Seated Twist	5–12 min	<input type="checkbox"/>
10	Legs	Knee Lifts	5–12 min	<input type="checkbox"/>
11	Back & Hips	Seated Forward Fold	5–12 min	<input type="checkbox"/>
12	Shoulders	Shoulder Stretch	5–12 min	<input type="checkbox"/>
13	Side Body + Breath	Side Stretch + Breathing	5–12 min	<input type="checkbox"/>
14	Rest Day	Rest and Gentle Breathing	5 min	<input type="checkbox"/>

### Week 3: Balance Support and Mobility

Day	Focus	Movements	Time	Done
15	Posture	Seated Mountain Pose + Posture Check	10–12 min	<input type="checkbox"/>
16	Feet & Balance	Heel Raises + Toe Taps	10–12 min	<input type="checkbox"/>
17	Full Upper Body	Seated Marching + Arm Lifts	10–12 min	<input type="checkbox"/>
18	Lower Body	Ankle Circles + Knee Extensions	10–12 min	<input type="checkbox"/>
19	Spine & Side	Seated Twist + Side Stretch	10–12 min	<input type="checkbox"/>
20	Full Body	Gentle Full-Body Chair Flow	10–15 min	<input type="checkbox"/>
21	Rest Day	Rest and Reflection	5 min	<input type="checkbox"/>

### Week 4: Daily Routine Builder

Day	Focus	Movements	Time	Done
22	Warm-Up	Deep Breathing + Shoulder Rolls	10–15 min	<input type="checkbox"/>
23	Spine & Side	Seated Cat-Cow + Side Stretch	10–15 min	<input type="checkbox"/>
24	Gentle Cardio	Seated Marching + Knee Lifts	10–15 min	<input type="checkbox"/>
25	Mobility	Wrist, Finger, and Neck Mobility	10–15 min	<input type="checkbox"/>
26	Full Body	Gentle Full-Body Chair Yoga Flow	10–15 min	<input type="checkbox"/>
27	Your Favorites	Favorite Movements Review	10–15 min	<input type="checkbox"/>
28	Calm Finish	Breathing, Gratitude, and Relaxation	10–15 min	<input type="checkbox"/>

# Chair Yoga Pose Guide

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Simple, beginner-friendly descriptions of each movement. Move slowly and only as far as feels comfortable.

**Seated Mountain Pose** — Sit tall with your feet flat on the floor and your hands resting on your thighs. Lengthen your spine and relax your shoulders down.

**Shoulder Rolls** — Gently roll your shoulders up, back, and down in slow circles, then reverse the direction to loosen the upper body.

**Neck Stretch** — Slowly lower one ear toward your shoulder, pause for a soft stretch, then switch sides. Keep the movement gentle.

**Seated Cat-Cow** — Round your back and tuck your chin as you breathe out, then arch slightly and lift your chest as you breathe in.

**Seated Side Stretch** — Reach one arm overhead and lean gently to the opposite side, feeling a light stretch along your ribs. Repeat on the other side.

**Seated Twist** — Sit tall, place a hand on the outside of the opposite knee, and turn gently from the waist. Switch sides slowly.

**Ankle Circles** — Lift one foot slightly and draw slow circles with your ankle in both directions, then switch feet.

**Heel Lifts** — With feet flat, lift your heels so you press onto the balls of your feet, then lower slowly to warm up the lower legs.

**Seated Marching** — Lift one knee at a time in a slow, steady marching motion while sitting tall and breathing comfortably.

**Wrist Circles** — Make soft fists and rotate your wrists in slow circles, then open and spread your fingers to stretch the hands.

**Seated Forward Fold** — Hinge gently forward from the hips, letting your hands and upper body lower toward your knees, then rise slowly.

**Deep Breathing** — Breathe in slowly through your nose, let your belly expand, then breathe out gently through your mouth to relax.

## Progress Tracker and Notes

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Check off each day as you complete it:

<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6	<input type="checkbox"/> 7
<input type="checkbox"/> 8	<input type="checkbox"/> 9	<input type="checkbox"/> 10	<input type="checkbox"/> 11	<input type="checkbox"/> 12	<input type="checkbox"/> 13	<input type="checkbox"/> 14
<input type="checkbox"/> 15	<input type="checkbox"/> 16	<input type="checkbox"/> 17	<input type="checkbox"/> 18	<input type="checkbox"/> 19	<input type="checkbox"/> 20	<input type="checkbox"/> 21
<input type="checkbox"/> 22	<input type="checkbox"/> 23	<input type="checkbox"/> 24	<input type="checkbox"/> 25	<input type="checkbox"/> 26	<input type="checkbox"/> 27	<input type="checkbox"/> 28

**How did I feel this week?**

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**Favorite movement**

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**Notes for next time**

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**Move gently, breathe slowly, and listen to your body.**