

28-Day Chair Yoga Challenge Calendar

Start Date: May 21, 2025

Week 1

- Day 1: Seated Mountain Pose + Breathe
- Day 2: Seated Forward Fold
- Day 3: Seated Twist (Right & Left)
- Day 4: Seated Cat-Cow Stretch
- Day 5: Seated Side Stretch
- Day 6: Seated Knee to Chest
- Day 7: Seated Meditation + Affirmation

Week 2

- Day 8: Seated Leg Lift (Right & Left)
- Day 9: Seated Arm Circles
- Day 10: Seated Warrior I Arms
- Day 11: Seated Marching
- Day 12: Seated Shoulder Rolls
- Day 13: Seated Chair Pose (Utkatasana)
- Day 14: Seated Mindful Breathing

Week 3

- Day 15: Seated Side Twist
- Day 16: Seated Hamstring Stretch
- Day 17: Seated Neck Rolls
- Day 18: Seated Chest Opener
- Day 19: Seated Wrist & Finger Stretches
- Day 20: Seated Hip Opener
- Day 21: Guided Chair Yoga Flow

Week 4

- Day 22: Seated Sun Salutation (Arms)

- Day 23: Seated Balance Practice
- Day 24: Seated Forward Fold with Breathing
- Day 25: Seated Shoulder Stretch
- Day 26: Seated Gentle Twist
- Day 27: Seated Visualization Meditation
- Day 28: Full Body Chair Yoga & Gratitude