



# **Chair Yoga for Beginners**

## **10-Minute Routine for Relaxation & Flexibility**

### **Introduction**

Chair yoga is a gentle form of yoga that is practiced while sitting on a chair or using a chair for support. It's ideal for beginners, seniors, or anyone with limited mobility.

### **Benefits of Chair Yoga**

- Improves flexibility and balance
- Enhances mental clarity
- Reduces stress and anxiety
- Aids in circulation and digestion

### **Safety Tips**

- Use a sturdy chair without wheels
- Sit up straight with feet flat on the floor
- Move slowly and breathe deeply
- Stop if you feel any discomfort

### **10-Minute Routine**

1. Seated Mountain Pose (1 min)
2. Neck Rolls (1 min)
3. Seated Cat-Cow Stretch (1 min)
4. Shoulder Rolls (1 min)
5. Seated Side Stretch (1 min)



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- 6. Seated Forward Bend (1 min)
- 7. Seated Twist (1 min per side)
- 8. Ankle Rolls (1 min)
- 9. Seated Meditation (1 min)

### **Bonus**

Practice this routine daily to feel more energized, flexible, and calm.

Want a visual version? A 10-minute video will be added soon at [www.adicreator.net](http://www.adicreator.net).

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