

Free Chair Yoga Routine for Beginners



Gentle 10-Minute Chair Yoga Sequence

This routine is designed to gently stretch, energize, and relax your body—all while seated! It's perfect for beginners, seniors, and anyone with limited mobility. Just 10 minutes daily can improve posture, reduce tension, and boost your mood.

Your Chair Yoga Routine:

- Seated Mountain Pose

Sit tall, feet flat, hands on knees. Inhale deeply. Lengthen your spine.

- Neck Rolls

Drop chin to chest, gently roll head side-to-side. Breathe slowly.

- Seated Cat-Cow

Inhale arching back (cow), exhale rounding (cat). Repeat gently.

- Seated Side Stretch

Raise right arm, bend to the left. Switch sides after 5 breaths.

- Seated Twist

Hold seat sides, twist gently to one side. Hold. Repeat opposite.

- Ankle Rolls

Lift one foot, circle ankle slowly. Repeat on other side.

- Shoulder Rolls

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Lift shoulders, roll back and down. Repeat 5-10 times.

- Final Relaxation

Close eyes, rest hands, breathe deeply for 1-2 minutes.

Helpful Tips:

Practice at the same time each day.

Use a stable, firm chair without wheels.

Breathe naturally and never force a stretch.

Stop immediately if you feel pain.

Keep a water bottle nearby.