

## FREE RESOURCE · MOVEMENT

# Beginner Chair Yoga for Seniors

A gentle 15-minute seated practice for strength, balance, and calm — no experience needed. Photos from my Parkinson's chair yoga class.

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## Set up in 30 seconds

Sturdy chair with no wheels, on a non-slip floor. Sit toward the front of the seat with your feet flat. A gentle stretch is good; sharp pain means stop. Never hold your breath.



1

### Sit tall + breathe

Feet flat, sit toward the front of the chair, hands on thighs. Breathe in through your nose, out slowly.

**5–8 breaths**



2

### Sunrise reach

Breathe in and float both arms up overhead. Breathe out and let them float down.

**5 times**



3

### Open & round — move with your breath

**Breathe in:** cactus arms, lift your chest, gently squeeze your shoulder blades.

**Breathe out:** reach your arms forward and round your upper back, chin toward chest.

**Repeat 6 times.** A gentle antidote to slouching.



4

### Side bend

One hand holds the seat. Reach the other arm up and over.

**3 breaths each side**



5

### Gentle twist

Sit tall, turn your ribs to one side, hands on your thigh or chair. Small and easy.

**3 breaths each side**

6

### Ankle pumps + circles

Point and flex your feet 8 times, then circle each ankle 5 times each way.

7

### Seated march

Lift one knee a few inches, lower it slowly. Alternate. **10 per side**



8

### Sit-to-stand ★

Feet under knees, lean forward "nose over toes," press through your heels to stand. Sit down slowly. The #1 move for staying independent. **3–5, build to 10**



9

### Closing breath

One hand on your heart, one on your belly. Breathe in for 4, out for 6. **6 breaths**

### Make it stick

Link it to something you do every day: *"After my morning coffee, I do my chair yoga."* Most days, even 5 minutes, is how habits — and balance — are built.

### Check with your provider first if...

You have new dizziness, chest pain, or shortness of breath; a recent fall, fracture, or surgery; uncontrolled blood pressure; or osteoporosis (keep twists gentle).

### LEARN MORE

- **National Institute on Aging** — [nia.nih.gov/health/exercise](https://nia.nih.gov/health/exercise)
- **CDC STEADI** — fall prevention: [cdc.gov/steady](https://cdc.gov/steady)
- **Free video classes:** "Whole Living with Nikki" Parkinson's & Yoga playlist on YouTube

### KEY EVIDENCE

- Youkhana S, et al. Age Ageing. 2016;45:21–29 (yoga, balance & mobility 60+).
- Sherrington C, et al. Cochrane Rev. 2019;CD012424 (exercise prevents falls).
- Sivaramakrishnan D, et al. IJBNPA. 2019;16:33 (yoga & function in older adults).

**Make it personal:** take the free 60-second quiz or book a **free consultation** at [wholelivingwithnikki.com](https://wholelivingwithnikki.com) — services are pay what you can.

Photos shared with participants' permission.

Educational wellness information, not medical advice or treatment. Check with your care team before starting new activity. Stop if you feel pain, dizziness, chest pressure, or shortness of breath.