

## Chair Yoga for Seniors.

*Maria's Place is not responsible for injuries sustained while following this chair yoga for seniors program.*

*Before undertaking any exercise routine, please consult your doctor and use common sense while exercising.*

*Listen to your body and be mindful of any existing medical conditions.*

### **Bring your hands to your knees between exercises.**

Sit on the forward part of your seat.

Roll your shoulders back with your hands on your knees, opening up the heart/chest. Then round the spine, bring your shoulders forward, and drop the chin to your chest. Repeat seven to ten times.

Interlace your fingertips behind the head and move your elbows alternatively to the left and the right, opening the side body. Do this for about one minute to warm up the spine. Feel free to add leg movement by alternating raising one heel at a time.

With the hands still behind your head, push your head back into the hands and bring your elbows forward for a mini backbend.

Hang your hands down by your sides and roll your shoulders forward, one shoulder at a time. Make big movements, repeat a few times, then change direction.

Place the ankle of one leg on top of the other leg for a figure of four shape. Feel the stretch. If you want a bigger stretch, hinge forward slightly. Hold for 30 to 60 seconds.

Cross the upper leg over the other. Point and flex the foot a few times, then rotate the ankle joint in both directions. Release feet back to the ground.

Switch legs and repeat on the other side.

Open your arms out to a T shape. Sweep your arms across the front of your body, one arm crossing below the other, and put your hands on the opposite shoulders. Lift the elbows slightly to be in line with the shoulders. Hold for 30 to 60 seconds. Repeat with the opposite arm in the lower position.

Open the arms out to a T again and stretch backward to bring the shoulder blades closer together. Inhale, bring the arms up to touch, and gently release them back to your knees.

Place your arms on your legs and make large circles with the whole upper body in both directions.

Scoot to the side of the chair. Reach your outer arm up and over the head for a side body bend. Hold on to the chair with the other hand for stability. Hold the position for 30 to 60 seconds.

Switch the body to the other side of the chair and repeat the movement on this side.

Sit back in the center of the chair. Reach the arms up and fold your arms and upper body forward. Either rest your elbows rest on the knees or reach your hands down towards the feet. Release your head and neck down if that feels ok. Hold.

Straighten up, reach your arms out to the side, and bend the elbow with your hands up like a cactus. Bring your arms/elbows to meet in front of you, then back out. Repeat three times.

Bring your hands back to your knees and relax.