Chair Yoga for Beginners PDF: 40 Simple Poses to Print

Free printable. Full guide and tips: https://betterlifecarez.com/chair-yoga-for-beginners-pdf/

Chair Yoga for Beginners PDF: 40 Poses by Body Area

Use a sturdy chair with no wheels, set against a wall. Sit near the front edge with your feet flat on the floor. Breathe through your nose if you can, and don't hold your breath.

- **Easy:** Start here on day one.
- **Moderate:** Add these after one to two comfortable weeks.
- **Caution:** Ask your doctor first if you have osteoporosis, recent surgery or dizziness.

Breathing and Warm-Up

Pose	Hold or reps	Level	Note
1. Seated mountain	5 breaths	Easy	Feet flat, spine tall
2. Belly breathing	1 to 2 minutes	Easy	Hand on belly, slow exhale
3. Ankle circles	5 each direction	Easy	Lift one foot slightly
4. Toe and heel lifts	10 reps	Easy	Wakes up calves and shins
5. Wrist circles	5 each direction	Easy	Eases keyboard-tired wrists
6. Finger spreads	10 reps	Easy	Open wide, then soft fist
7. Seated marching	30 seconds	Easy	Lift knees one at a time

Neck and Shoulders

Pose	Hold or reps	Level	Note
8. Chin tucks	5 to 8 reps	Easy	Slide chin back, not down
9. Ear to shoulder	3 breaths per side	Easy	Keep shoulders relaxed and low
10. Slow neck turns	3 per side	Easy	Stop before any pinching
11. Shoulder rolls	5 each direction	Easy	Big, slow circles
12. Shoulder shrugs	8 reps	Easy	Lift on inhale, drop exhaling
13. Seated eagle arms	3 to 5 breaths	Moderate	Self-hug works too
14. Cactus arms	5 reps	Easy	Gently squeeze shoulder blades

Spine and Back

Pose	Hold or reps	Level	Note
15. Seated cat-cow	5 to 8 rounds	Easy	Hands on knees, follow breath
16. Seated side bend	3 breaths per side	Easy	Reach up, then over
17. Seated twist	3 breaths per side	Caution	Turn from ribs, not neck
18. Overhead reach	3 breaths	Easy	Interlace fingers, palms up
19. Seated forward fold	3 to 5 breaths	Caution	Rise slowly if lightheaded
20. Seated heart opener	3 breaths	Easy	Hands hold chair back
21. Torso circles	5 each direction	Easy	Small circles over hips

Hips and Legs

Pose	Hold or reps	Level	Note
22. Seated figure four	3 to 5 breaths per side	Caution	Ask first after hip replacement
23. Seated knee hug	3 breaths per side	Easy	Lift knee toward chest
24. Seated hamstring stretch	3 to 5 breaths per side	Easy	Heel forward, hinge slightly
25. Seated leg extensions	8 to 10 per side	Easy	Straighten knee, squeeze thigh
26. Seated goddess	3 to 5 breaths	Moderate	Wide knees, hands on thighs
27. Seated warrior 2	3 breaths per side	Moderate	Turn sideways on the chair
28. Sit-to-stand	5 to 10 reps	Moderate	Use armrests if needed

Standing With Chair Support

Pose	Hold or reps	Level	Note
29. Supported mountain	5 breaths	Easy	One hand on chair back
30. Calf raises	8 to 10 reps	Easy	Rise and lower slowly
31. Supported tree pose	3 to 5 breaths per side	Moderate	Keep toes touching the floor
32. Side leg lifts	5 to 8 per side	Moderate	Keep torso upright
33. Supported warrior 1	3 breaths per side	Moderate	Short stance, hold chair
34. Chair half dog	3 to 5 breaths	Moderate	Chair against wall, hips back

Cool-Down and Relaxation

Pose	Hold or reps	Level	Note
35. Seated forward rest	3 to 5 breaths	Caution	Forearms resting on thighs
36. Palming eye rest	30 to 60 seconds	Easy	Warm palms over closed eyes
37. Counted breathing	1 to 2 minutes	Easy	Inhale 4, exhale 4 to 6
38. Seated body scan	2 to 3 minutes	Easy	Notice each area, head to toe
39. Hand-on-heart breath	5 breaths	Easy	Slow, calming finish
40. Seated rest	2 to 5 minutes	Easy	Hands on thighs, eyes closed

Three Starter Routines

- **5-minute desk reset:** Poses 1, 8, 11, 15, 16, 18, 37.
- **10-minute morning wake-up:** Poses 2, 3, 7, 11, 15, 16, 20, 24, 25, 29, 30, 40.
- **10-minute evening wind-down:** Poses 2, 9, 12, 14, 15, 21, 23, 24, 37, 38, 40.

Stop any pose that causes sharp pain, numbness or dizziness.