Printable Chair Yoga for Beginners After 50: 30 Free Poses

Free printable. Full guide and tips: https://betterlifecarez.com/printable-chair-yoga-for-beginners-after-50/

Printable Chair Yoga for Beginners After 50: 30-Pose Chart

Chair yoga is gentle yoga done sitting in a chair or standing with one for support. Start with Group 1 every time, then add one more group.

Before You Start: Safety Checklist

- Use a sturdy armless chair with no wheels, pushed against a wall.
- Sit near the front edge with both feet flat on the floor.
- Move only in a pain-free range. A mild stretch is fine; sharp pain is not.
- Breathe slowly and normally. Never hold your breath.
- Stop and get help for chest pain, dizziness or trouble breathing.

Group 1: Warm-Up and Breathing

Pose	Hold or reps (approx.)	Targets	Beginner tip
Seated mountain	5 slow breaths	Posture, core awareness	Feet flat, hip-width apart
Belly breathing	6 to 10 breaths	Relaxation, breathing muscles	Hand on belly, long exhale
Shoulder rolls	5 each direction	Shoulders, upper back	Small circles are fine
Neck side tilts	3 breaths each side	Sides of neck	Ear toward shoulder, never force
Ankle circles	5 each direction	Ankles, circulation	Lift one foot at a time
Wrist circles	5 each direction	Wrists, fingers	Go slowly if hands ache

Group 2: Spine and Back

Pose	Hold or reps (approx.)	Targets	Beginner tip
Seated cat-cow	5 to 8 rounds	Whole spine	Move with your breath
Seated side bend	3 breaths each side	Sides of torso	Keep both hips down
Seated gentle twist	3 breaths each side	Mid back	Sit tall first, then turn
Chest opener	3 to 5 breaths	Chest, front shoulders	Hold chair seat behind you
Upper back hug	3 breaths	Upper back	Hug shoulders, round gently
Half forward fold	3 breaths	Lower back, hamstrings	Slide hands down to shins

Group 3: Hips and Legs

Pose	Hold or reps (approx.)	Targets	Beginner tip
Seated marching	10 to 20 steps	Hip flexors, legs	Hold the chair sides
Seated leg extension	5 to 8 each leg	Front thighs	Straighten, pause, lower slowly
Seated hamstring stretch	3 breaths each leg	Back of thigh	Heel forward, toes up
Toe and heel raises	10 each	Shins, calves	Alternate slowly
Knee hug	3 breaths each side	Lower back, hips	Hold behind thigh, not knee
Seated figure-four	3 breaths each side	Outer hip, glutes	Ankle over knee, or skip

Group 4: Arms and Upper Body

Pose	Hold or reps (approx.)	Targets	Beginner tip
Overhead reach	3 to 5 breaths	Shoulders, sides	Stop below any pinch
Goal-post squeeze	8 to 10 reps	Upper back muscles	Squeeze shoulder blades lightly
Arm circles	5 each direction	Shoulders	Shrink circles if tired
Eagle arms	3 breaths each side	Upper back, shoulders	Simple self-hug works too
Towel shoulder stretch	3 breaths each side	Shoulders, triceps	Hold a towel behind back
Prayer palm press	5 presses	Chest, arms, wrists	Press 5 seconds, then release

Group 5: Standing With Chair Support

Pose	Hold or reps (approx.)	Targets	Beginner tip
Sit-to-stand	5 to 10 reps	Legs, hips, balance	Use hands if needed
Supported heel raises	8 to 10 reps	Calves, ankles	Hold the chair back
Supported mountain	5 breaths	Standing posture	Hands rest lightly on chair
Supported side leg lift	5 to 8 each side	Outer hips	Keep toes facing forward
Supported calf stretch	3 breaths each leg	Calves	Press back heel down
Supported tree	3 to 5 breaths each	Balance	Foot on ankle, not knee

7-Day Starter Plan

Day	Focus	What to do	Time (approx.)
Day 1	Warm-up and back	Groups 1 and 2	10 minutes
Day 2	Hips and legs	Group 1, then Group 3	10 minutes
Day 3	Rest or walk	Easy walk or belly breathing	5 to 15 minutes
Day 4	Arms and upper body	Group 1, then Group 4	10 minutes
Day 5	Balance	Group 1, then Group 5	10 minutes
Day 6	Full sampler	Two poses from each group	15 minutes
Day 7	Rest	Belly breathing only	5 minutes

Legend: approx. = conservative starting range; breaths = slow, comfortable breaths; each side = repeat on both sides.