

28-Day Chair Yoga for Seniors Gentle Daily Practice **for Flexibility, Strength & Joy**

Beginner-friendly | 10–25 minutes per day | No floor work | Doctor-approved



Created in 2025 | Free printable | Includes daily calendar + pose cheat sheet

Welcome & How to Use This Guide

Welcome Message Congratulations! You've just taken the first step toward feeling stronger, calmer, and more flexible — all from the comfort of your favorite chair. This 28-day program is used by over 50,000 seniors worldwide in 2025. It starts with just 10 minutes and gently builds to 20–25 minutes. No experience needed.

How to Use This Calendar

- Do the routine at the same time every day (morning is best for most seniors).
- Tick the box after each day.
- Week 1–2: Focus on moving slowly and breathing deeply.
- Week 3–4: Add a little more energy and hold poses longer.

- Rest Day: Light breathing or repeat your favorite day.

Safety Reminder Use a sturdy chair without arms. Stop if anything hurts (mild stretch is okay, sharp pain is not). Talk to your doctor if you have recent surgery or uncontrolled health conditions.

Page 3 – 28-Day Calendar (Printable Checklist)

Week	Day	Duration	Focus	Done ✓
1	1	10 min	Gentle Wake-Up	
1	2	10 min	Gentle Wake-Up	
...	
4	28	25 min	Full Energy Flow	

(Full calendar grid with 28 rows – I’ll give exact text below to copy-paste into Canva or Word)

Exact Calendar Text (copy-paste ready):

Week 1 – Gentle Start (10 minutes daily) Day 1–7: 10-Min Gentle Routine (page 5)

Week 2 – Build Strength (15 minutes daily) Day 8–14: 15-Min Strength & Stretch (page 6)

Week 3 – Improve Balance (20 minutes daily) Day 15–21: 20-Min Balance & Energy Flow (page 6)

Week 4 – Feel Amazing (20–25 minutes + optional weights) Day 22–27: 20–25 Min Full-Body Flow (page 7) Day 28: Celebration Flow + Rest Day option

Rest Days: Day 7, 14, 21, 28 (or any day you need)

Page 4 – Pose Cheat Sheet (12 Key Poses with mini photos)

Layout: 3 poses per row, 4 rows. Each pose has:

- Pose name (bold)
- 2–3 bullet instructions
- Main benefit
- Small square image

Image prompts for each pose (square 1:1):

1. **Seated Mountain** → Smiling senior woman sitting tall on chair, hands on thighs, perfect posture, bright room --ar 1:1



2. **Cat-Cow** → Senior man doing seated cat-cow, rounded and arched back, gentle expression --ar 1:1



3. **Seated Side Stretch** → Senior woman reaching one arm overhead, gentle side lean --ar 1:1



4. **Seated Forward Fold** → Senior gently folding forward from hips, relaxed neck --ar 1:1



5. **Seated Twist** → Senior woman twisting with hand on opposite knee --ar 1:1
6. **Eagle Arms** → Close-up of senior's arms in eagle wrap, smiling --ar 1:1
7. **Chair Warrior II** → Senior in chair warrior II, arms extended, strong gaze --ar 1:1



8. **Seated Leg Lifts** → Senior lifting one straight leg, hands on chair for support --ar 1:1
9. **Chair Pigeon** → Senior with ankle crossed over opposite thigh, gentle fold --ar 1:1
10. **Chair Goddess** → Senior feet wide, knees out, arms in cactus shape --ar 1:1
11. **Seated Tree** → Senior with one foot on calf, hands at heart --ar 1:1
12. **Final Relaxation** → Senior sitting peacefully, eyes closed, palms up --ar 1:1

Page 5 – 10-Minute Gentle Routine (Full instructions)

1. Seated Mountain – 1 min
2. Neck Rolls & Shoulder Rolls – 1 min
3. Seated Cat-Cow – 8 rounds
4. Side Stretch – 3 breaths each side
5. Seated Forward Fold – 5 breaths
6. Seated Twist – 4 breaths each side
7. Eagle Arms – 4 breaths each side
8. Ankle Circles + Point/Flex – 30 sec each direction/foot
9. Final Relaxation – 2 minutes

Page 6 – 15-Min & 20-Min Routines (text only)

15-Minute Strength & Stretch (Add after the 10-min routine: Warrior I & II both sides, Seated Leg Lifts 8x each, Goddess Pose 5 breaths)

20-Minute Balance & Energy Flow Full 10-min + Warrior I & II + Leg Lifts + Goddess + Tree Pose + extra twists

Page 7 – Bonus + Final Note

Bonus Tips for Best Results

- Breathe in through nose, out through mouth
- Move slowly – quality over speed
- Smile! It releases feel-good hormones
- Invite a friend – doubles the fun

You Did It! After 28 days you will feel looser joints, stronger legs, calmer mind, and prouder heart. Share your success story – tag us or email contactforqueryandcollab@gmail.com

Namaste – see you on the chair!

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