

Chair Yoga for Elderly

WRISTS UP/DOWN



This is a gentle pressure to the wrists to encourage and maintain flexibility.

SHAKE FINGERS



Moving, twisting and shaking the fingers increases circulation and helps to diminish that feeling of cold hands and fingers. Make sure to take a pause afterwards to absorb the movement of energy throughout the fingers and arms.

LOWER BODY POSES

CORE STRENGTHENER AND LEG LIFTS



This sequence works the lower abdomen muscles plus the ankles, feet and toes. Holding on to the chair offers additional support. The straighter the legs, the more the leg muscles work and get stronger.