

# Chair Yoga Exercises

For Seniors

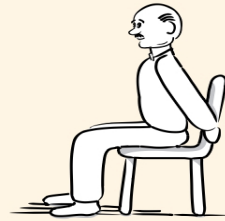
**Chair March**



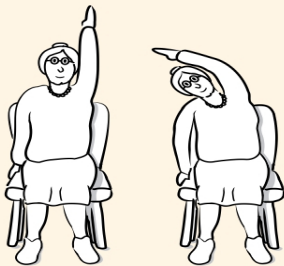
**Arm Swings**



**Chest Stretch**



**Arm Reaches**



**Body Twist**



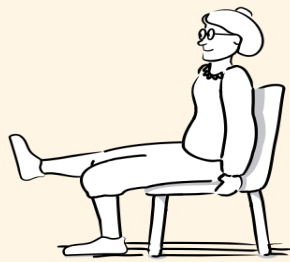
**Leg Stretch**



**Knee Taps**



**Leg Extend**



**Leg Circles**

