

# Chair Yoga Exercises For Seniors

**Elbow to Knee**



**Balancing  
Toe Taps**



**Heel Raises**



**Reach & Bend**



**Arm Raise**



**Shoulder Flex**



**Knee Extension**



**Sit & Reach**



**Chest Press**



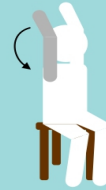
**Elbow Press**



**Chest Stretch**



**Arm Reach**



**Arm Circles**



**Tummy Twists**



**Shin  
Strengtheners**



**Neck Stretch**

