

28-Day Chair Yoga for Seniors Chart

Week 1 — Loosen Up & Improve Circulation (Days 1–7)

Day	Routine
1	Seated Mountain Pose; Neck Stretches; Shoulder Rolls
2	Ankle Rotations; Seated Marching; Chest Opening Stretch
3	Side Body Stretch; Wrist Circles; Seated Forward Fold
4	Seated Cat-Cow; Deep Belly Breathing; Seated Twist
5	Shoulder Rolls; Seated Knee Lifts; Arm Circles
6	Seated Forward Bend; Hamstring Stretch; Neck Mobility
7	Gentle Full-Body Flow

Week 2 — Build Mobility & Stability (Days 8–14)

Day	Routine
8	Seated Side Bends; Spinal Twist; Ankle Pumps
9	Seated Sun Salutation; Knee-to-Chest Stretch; Arm Raises
10	Hip Circles; Seated March; Overhead Stretch
11	Seated Cat-Cow; Extended Leg Lifts; Shoulder Stretches
12	Torso Rotation; Forward Fold; Deep Breathing
13	Hamstring Stretch; Toe Taps; Side Arm Lifts
14	Gentle Full-Body Flow

Week 3 — Light Strength & Balance Support (Days 15–21)

Day	Routine
15	Seated Leg Extensions; Seated Twist; Shoulder Press
16	Seated Marching; Side Bends; Arm Rows
17	Knee-to-Elbow Taps; Wrist Mobility; Chest Opener
18	Seated Squat Prep; Arm Circles; Forward Fold
19	Hip Lifts; Ankle Circles; Back Stretch
20	Leg Lifts; Side Rotations; Deep Breathing
21	Gentle Full-Body Flow

Week 4 — Flexibility & Relaxation (Days 22–28)

Day	Routine
22	Seated Forward Fold; Hamstring Stretch; Shoulder Release
23	Neck Rolls; Side Twists; Chest Opener
24	Overhead Reach; Hip Opener Stretch; Seated March
25	Seated Cat-Cow; Arm Sweeps; Knee Lifts
26	Toe Flex & Point; Spine Stretch; Side Bends
27	Mindful Breathing; Gentle Stretching Flow
28	Full-Body Chair Yoga Routine