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DAYS

FREE CHAIR YOGA FOR SENIORS



1. Seated Mountain – 30 sec
2. Shoulder Openers – 10 reps
3. Seated Cat-Cow – 10 reps
4. Seated Side Stretch – 2-3 reps
5. Seated Twist – 2-3 reps each side
6. Leg Extensions – 10 each leg
7. Heel-Toe Raises – 15 reps
8. Seated Forward Bend – 20 sec
9. Core Engagement – 30 sec
10. Closing Breaths – 10 slow breaths

WEEK 1	<input type="checkbox"/>	WEEK 2	<input type="checkbox"/>	WEEK 3	<input type="checkbox"/>	WEEK 4	<input type="checkbox"/>
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