

# YOGA SEQUENCES FOR SENIORS



## Mountain Pose

1. Stand up straight with your legs hip width apart and your arms by your side.
2. Build your posture from the feet up. Engage your ankle, legs, thighs and pelvis to support your upper body.
3. Let your shoulders fall back and relax.
4. Look straight ahead.
5. Imagine yourself growing tall, as if the crown of your head is reaching for the ceiling.
6. Hold the pose for 5-10 slow, deep breaths.



## Lotus Pose or Easy Pose

1. Sit cross-legged on the floor with your knees atop their opposite feet.
2. Lay your hands palms-up and relaxed on your knees.
3. Draw your shoulder blades back.
4. Lengthen your neck while looking straight ahead.
5. Hold for 5-10 deep breaths.



## Child Pose

1. Kneel in a tabletop position.
2. Drop your butt back onto your lower legs.
3. Rest your forehead on the floor or mat.
4. Lay your arms back by your side. Alternatively, stretch them out beyond your head.
5. Hold the pose until you feel good and relaxed.



## Tree Pose

1. Stand in mountain pose.
2. Raise one leg, bend the knee, and rest the foot on the other inner shin.
3. If that's not hard enough, rest the foot on your inner thigh. However, don't rest it on the knee. Always above or below.
4. It's OK to sway. Trees sway in the breeze, and you may sway in this pose.



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### Downward Facing Dog

1. Kneel on the floor or mat in a tabletop position.
2. Raise your hips in the air to form an inverted "V."
3. Relax your neck and let your head hang.
4. Try to keep your palms flat, your elbows straight, your knees straight and your heels on the floor. If your heels don't quite reach, stretch them toward the floor.



### Upward Facing Dog

1. From a tabletop position, point your toes backward so that the tops of your feet are on the floor.
2. Extend your elbows to raise yourself on your arms. You may raise your knees or keep them on the floor.
3. Extend your spine starting at the base and going to the neck. Stretch your neck to face upward.



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2

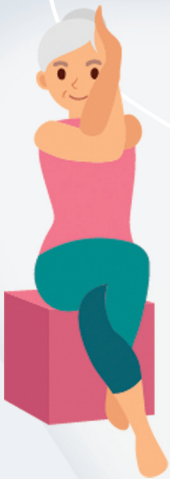
### Forward Chair Bends

1. Sit straight in a chair.
2. Inhale and raise the arms directly over the head.
3. Exhale and fall forward. If the hands go that far, rest the backs of them on the floor.
4. Relax into this position. Let the upper body sink. Take a few breaths.
5. Repeat the rising and falling motion several times.





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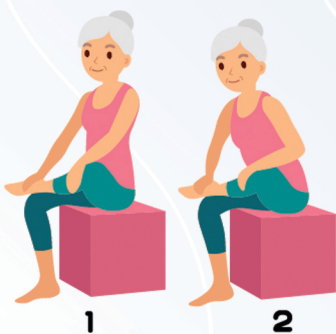
### Seated Eagle Pose

1. If you're including the "leg part" of the pose, cross your right thigh over your left. Otherwise leave your feet flat on the floor.
2. If you're one of the agile seniors who can, tuck the right foot under the left calf.
3. Cross your left arm over your right at the elbow.
4. Bend your elbows and bring your palms to touch.
5. Lift the elbows and let the shoulder drop.
6. Hold 3-5 breaths.
7. Repeat on the opposite side.



### Warrior 1 Pose

1. Stand with your legs hip width apart.
2. Take a step forward with one foot. The bigger the step, the more challenging the pose.
3. Turn your back foot outward 45 degrees.
4. Shift your weight until the back leg is straight.
5. Raise your arms over your head.
6. Hold for several breaths.



### Seated Pigeon Pose

1. Sit in a chair with your feet flat on the floor.
2. Lift your right leg and rest your right ankle on your left knee. Make your form as square as you can.
3. You may do the pose in this position. For a greater stretch, bend forward as far as you comfortably can.
4. Hold the position for about 5 deep breaths.

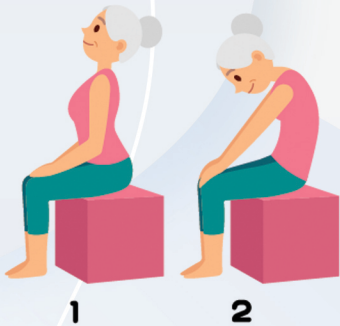


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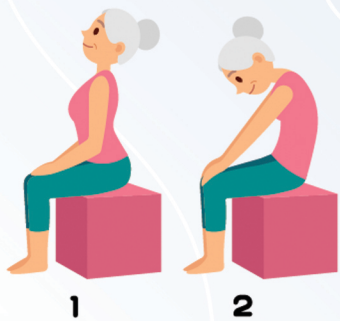
### Chair Mountain Pose

1. Sit up straight in the chair.
2. Rest your hands near your knees.
3. Build the posture starting at the base of the spine. Straighten up and rise through the spine and chest.
4. Let the shoulders fall back and relax.
5. Look straight ahead.
6. Imagine that your head is rising with the crown stretching toward the ceiling.
7. Take about 5 deep, slow breaths.



### Chair Cat and Cow

1. Sit up straight in your chair with your hands on your knees or thighs.
2. As you inhale, roll your hips forward and arch backward, starting at the base of the spine.
3. Come up all the way through the upper back. Force the shoulder blades back. Extend your neck and look toward the ceiling.
4. On the exhale, start from the low back and move the spine in the opposite directions. Push your low back toward the chairback, round your upper back forward and drop your neck and head.
5. Do about 5 repetitions.



### Chair Hand Raises

1. Sit in the chair with your hand on the outside of the arms. The fingers are straight, together and pointed toward the floor. Alternately, rest your hand on your thighs inside the arms.
2. Relax your shoulders and rib cage. Center your body on your sit bones.
3. Inhale and raise your hands straight over your head, or as straight as you can get them.
4. Exhale and lower the arms to starting position.
5. Repeat 5-10 times.





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# YOGA SEQUENCES FOR SENIORS

## Savsana

1. Lie flat on your back with your arms slightly away from your side.
2. Tense every muscle in your body. Scrunch your face.
3. Now close your eyes, exhale and let everything relax.
4. Don't try to control your breathing. Just breathe shallow.
5. Lie for about 5 minutes. Have a timer set or have someone tell you when you're done.
6. Come back to life slowly. Open your eyes. Wiggle your fingers and toes. After a bit, get yourself up. You'll feel refreshed.

