

YogaFit: Seated, Stretched and Strong: Chair Yoga



YogaFit's mission is to bring yoga to the masses – and this workshop shows how we can do just that! Using the chair as a prop is a wonderful way to bring confidence to clients who are new to yoga, or have difficulty moving down to the floor. This workshop is designed to take traditional YogaFit poses, postures and cueing and make it more accessible to seniors, pre-natal, obese and post-surgery clients and those with injury and mobility issues. This workshop will use a chair as a useful prop and modification that can be added to any class.

Be sure to include:

- Chest expansion
- Back bends (after sufficient warm up)
- Functional movement (getting up from seated on floor, etc.)
- At least 10 minutes of relaxation at the end of class

Avoiding:

- Extended periods of inversion (especially for seniors with high blood pressure, glaucoma, or cataracts)
- Extended periods of floor postures and forward flexion
- Complex postures and those requiring a great deal of strength.

Mountain I—Warm Up

Breathing and heat-building to prepare the body and mind; longest part

Mountain 2—Work Phase

More intense strength-oriented work, holding poses longer; shortest part

Mountain 3—Cool Down

Deeper stretching with even longer holds, inversions, seated poses, and final relaxation; longer than Work

Sample Chair Workout – Seated



Seated on the Chair:

Seated Tall - add Head Tilts, Neck Turns + Lateral Flexions
Shoulder Stretch
Chest Expansion
Flowing Twist
Airplane
Forward Fold
- Layer poses and repeat 5-6 times to ensure proper warm-up

Standing + Chair:

Warrior 1 and 2—chair back
Standing Balance –chair back
Downward Facing Dog—chair back
Pyramid—chair seat
Triangle—chair seat
Repeat for opposite leg.

Quadruped Chair:

Facing Chair—Kneeling Lunge—right
Facing Chair—Kneeling Side Plank right; option for elbow or hand support
Facing Chair—Kneeling Child's Pose
Repeat series for opposite leg

Seated on the Chair:

Seated Abdominal Work
Twist
Leg Lifts (Option to use strap)
Seated Pigeon
Chest Expansion
Shoulder Stretch
Seated Relaxation (Option for Legs up the Wall – using the Chair)

Class flow taken from YogaFit® Seniors Teacher Training Manual