

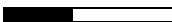
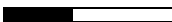
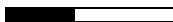
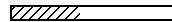
28-day chair yoga plan

Four weeks of short chair sessions. Tick a box as you go.

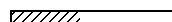
Missed a day? Do the next one. The plan counts sessions, not dates. Start date: _____

■ Session ▨ Rest and stretch day Bar length is minutes.

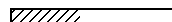
Week 1: Settle Days 1 to 7

DAY 1 Sit tall ☐  10 min	DAY 2 Breath that moves ☐  10 min	DAY 3 Neck and shoulders ☐  10 min	DAY 4 Spine waves ☐  10 min	DAY 5 Side body ☐  10 min	DAY 6 Feet and ankles ☐  10 min	DAY 7 Rest and stretch ☐ REST DAY  10 min
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Week 2: Lengthen Days 8 to 14

DAY 8 Back of the legs ☐  12 min	DAY 9 Hips ☐  12 min	DAY 10 Eagle arms ☐  13 min	DAY 11 A gentle turn ☐  13 min	DAY 12 Open chest ☐  14 min	DAY 13 Legs awake ☐  14 min	DAY 14 Rest and stretch ☐ REST DAY  10 min
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Week 3: Strengthen Days 15 to 21

DAY 15 Stand up strong ☐  15 min	DAY 16 Warrior arms ☐  16 min	DAY 17 Calves and balance ☐  17 min	DAY 18 Goddess ☐  16 min	DAY 19 Upper back ☐  15 min	DAY 20 The hinge ☐  17 min	DAY 21 Rest and stretch ☐ REST DAY  10 min
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Week 4: Flow Days 22 to 28

DAY 22 Seated sun flow ☐  18 min	DAY 23 Tree at the chair ☐  18 min	DAY 24 Strong and long ☐  19 min	DAY 25 Full flow ☐  20 min	DAY 26 Calm flow ☐  19 min	DAY 27 Your favorites ☐  18 min	DAY 28 Flow ☐  20 min
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Stop any move that hurts. Stop and rest if you feel chest pain or pressure, dizziness, a racing or uneven heartbeat, or unusual shortness of breath. If it is severe or does not ease with rest, call 911.