

Chair yoga poses you can print

By the fitvee team · Last updated October 30, 2026

The 8 yoga poses of our chair plan, with names and pictures.

Use a sturdy chair without wheels, back to a wall.

1 Seated mountain

Chair plan: 25 of 28 days.

- ① Sit toward the front half of a sturdy chair with no wheels, with its back against a wall.
- ② Put your feet flat on the floor, about hip-width apart, knees over ankles.
- ③ Rest your hands on your thighs, palms down.
- ④ Lengthen up through the crown of your head. Let your shoulders drop away from your ears.
- ⑤ Breathe in through your nose for 4 counts, then breathe out slowly for 4 counts. Stay for 5 to 8 breaths.



Easier: Sit back against the chair back and take 3 breaths.

Take care:

- Back: sit tall without arching. Think long, not stiff.
- Stand up slowly when you finish.

2 Seated cat-cow

Chair plan: 12 of 28 days.

- ① Sit tall near the front of your chair, feet flat, hands on your knees.
- ② Breathe in and let your chest lift a little. Your shoulder blades slide gently down your back. This is the cow.
- ③ Breathe out and let your upper back round softly, like a cat. Keep your head up and your eyes looking ahead.
- ④ Move with your breath, 5 to 8 slow rounds.



Easier: Only do the lifting half. Or make the wave smaller and slower.

Take care:

- Back: if rounding feels sharp or pinchy, stay with the lift only.
- Neck: keep your chin level, do not tuck it hard.
- Low bone density: keep the rounding very small and never push into it with your hands.

3 Cactus arms

Chair plan: 3 of 28 days.

- ① Sit tall, feet flat. Lift your arms out to the sides, elbows bent, hands pointing up.
- ② Breathe in and gently draw your elbows back, so your shoulder blades slide toward each other.
- ③ Breathe out and bring your elbows forward until they nearly touch in front of you.
- ④ Do 8 slow rounds.



Easier: Rest your hands on your shoulders and move only your elbows.

Take care:

- Shoulders: lower your elbows if you feel any pinch at the top.
- Neck: keep your chin level.

4 Eagle arms (seated)

Chair plan: 2 of 28 days.

- ① Sit tall, feet flat, arms out in front at chest height.
- ② Cross your right arm over your left at the elbows. Bend your elbows.
- ③ If it is comfortable, wrap your forearms and press your palms together. If not, hold your own shoulders in a hug.
- ④ Lift your elbows a little and keep your shoulders low.
- ⑤ Stay for 5 slow breaths. Unwind and switch the crossing.



Easier: Just hug yourself with your arms crossed. Nothing needs to wrap.

Take care:

- Shoulders: lower your elbows if you feel any pinch.
- Neck: do not push your head forward.

5 Gentle seated twist

Chair plan: 2 of 28 days.



- 1 Sit tall near the front of your chair, feet flat and hip-width apart, knees pointing forward.
- 2 Cross your arms over your chest, or rest your hands on your thighs.
- 3 Breathe in and grow tall.
- 4 Breathe out and turn your chest a small way to the right. Your hips and knees stay facing forward.
- 5 Breathe in back to the center. Breathe out and turn to the left. Do 4 to 6 turns each way.

Easier: Turn just your head and shoulders a few inches. Keep your arms crossed.

Take care:

- Back: stop short of any pinch or pull.
- Low bone density: keep the turn very small, never pull on the chair to go further.

6 Seated warrior arms

Chair plan: 6 of 28 days.



- 1 Sit tall near the front of your chair. Take your feet wide, a little past hip-width, with your knees over your ankles.
- 2 Lift both arms out to the sides at shoulder height, palms down.
- 3 Breathe out and turn your head to look gently over your right hand.
- 4 Stay for 3 breaths, arms steady. Your hips and chest face forward.
- 5 Look back to the center. Repeat to the left. Do 2 rounds.

Easier: Rest your fingertips on your shoulders and keep your elbows out.

Take care:

- Shoulders: lower your arms if they tire. Rest and begin again.
- Hips: a narrower foot stance is fine.

7 Seated goddess

Chair plan: 5 of 28 days.

- 1 Sit tall near the front of your chair. Take your feet wide, toes turned slightly out.
- 2 Let your knees open over your ankles. Stay in a range that feels easy.
- 3 Bring your hands together at your chest, palms touching.
- 4 Breathe in and press your palms lightly together. Breathe out and soften your shoulders.
- 5 Stay for 5 slow breaths.

Easier: Bring your feet closer together and rest your hands on your thighs.

Take care:

- Hips: open your knees only as far as is comfortable. A narrow stance is fine.
- Knees: keep the knees over the ankles and avoid twisting them.

8 Seated sun flow

Chair plan: 5 of 28 days.



- 1 Sit tall, feet flat, hands on your thighs.
- 2 Breathe in and sweep both arms out and up overhead. Palms may touch.
- 3 Breathe out and open your arms wide, lowering them to shoulder height.
- 4 Breathe in and draw your hands to your chest, palms together.
- 5 Breathe out and lower your hands to your thighs.
- 6 Do 5 rounds, slow and smooth.

Easier: Raise your arms only to shoulder height.

Take care:

- Shoulders: stop your arms where it still feels easy.
- Neck: look ahead; do not look up.
- Back: sit tall, do not arch.

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.