ChairEase A4

28-day chair yoga chart

One lesson a day. Tick the box when you finish. Rest days count; there is nothing to make up. Weeks 1-2 are seated; weeks 3-4 add standing with the chair for support.

Week 1: Loosen up

- ☐ Day 1 Breathing & posture (8 min, seated)
- ☐ Day 2 Seated cat-cow & twists (9 min, seated)
- ☐ Day 3 Hips & lower back (10 min, seated)
- ☐ Day 4 Hands, wrists & arms (8 min, seated)
- ☐ Day 5 Ankles & calves (9 min, seated)
- ☐ Day 6 Gentle full body (10 min, seated)
- ☐ Day 7 Rest day — 3-minute breath (3 min, seated)

Week 2: Mobility

- ☐ Day 8 Shoulder circles & reach (9 min, seated)
- ☐ Day 9 Side bends & ribs (10 min, seated)
- ☐ Day 10 Hip openers from the chair (10 min, seated)
- ☐ Day 11 Seated marching (9 min, seated)
- ☐ Day 12 Neck release (8 min, seated)
- ☐ Day 13 Flow: seated sun salute (12 min, seated)
- ☐ Day 14 Rest day — stretch & breathe (4 min, seated)

Week 3: Balance

- ☐ Day 15 Standing behind the chair (10 min, chair support)
- ☐ Day 16 Heel raises with support (9 min, chair support)
- ☐ Day 17 Sit-to-stand, slowly (10 min, chair support)
- ☐ Day 18 Side steps with the chair (10 min, chair support)
- ☐ Day 19 Reach and return (9 min, chair support)
- ☐ Day 20 Flow: supported standing (12 min, chair support)
- ☐ Day 21 Rest day — seated breath (4 min, seated)

Week 4: Strength

- ☐ Day 22 Seated leg extensions (10 min, chair support)
- ☐ Day 23 Wall push-aways (9 min, chair support)
- ☐ Day 24 Core from the chair (10 min, chair support)
- ☐ Day 25 Hips & glutes, supported (10 min, chair support)
- ☐ Day 26 Posture & upper back (9 min, chair support)
- ☐ Day 27 Flow: your 10-minute routine (12 min, chair support)
- ☐ Day 28 Celebrate — gentle full body (10 min, seated)

Move gently and stop straight away if anything hurts or you feel dizzy or unwell. If you have a health condition, recent surgery, osteoporosis or a heart condition, ask your doctor or physiotherapist first.