Tai chi chair exercises: 4 seated moves

Slow, soft and small. Breathe normally; there is no breathing count. Rest your hands in your lap between repetitions.

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.

1. Open and soften the hands

Start: Rest your forearms on your thighs.
Move: Rest your forearms on your thighs. Gently spread your fingers, then soften them again.

2. Low palm float

Start: Sit tall with your open hands resting in your lap.
Move: Let both open hands float forward a little from your lap, then settle them back down.

3. Small palm opening

Start: Hold your hands low in front of you, palms facing each other.
Move: Hold your hands low in front of you. Let the palms drift apart and come gently back together.

4. Low side arc

Start: Sit tall with one hand in your lap and the other relaxed.
Move: Trace a small, low arc to one side with one hand, then return it to your lap.

The 6-lesson plan (one lesson per practice day)

Lesson 1: The low palm float (6 min)
Lesson 2: From soft fingers to floating palms (6 min)
Lesson 3: Float and gently open (6 min)
Lesson 4: An opening and a side arc (6 min)
Lesson 5: Follow the palms (6 min)
Lesson 6: An easy seated sequence (6 min)