

Imprint

Saage Media GmbH
c/o SpinLab – The HHL Accelerator
Spinnereistraße 7
04179 Leipzig, Germany
E-Mail: contact@SaageMedia.com
Web: www.SaageMedia.com
Commercial Register: Local Court Leipzig, HRB 42755 (Handelsregister: Amtsgericht Leipzig, HRB 42755)
Managing Director: Rico Saage (Geschäftsführer)
VAT ID Number: DE369527893 (USt-IdNr.)

Publisher: Saage Media GmbH
Publication: 02.2025
Cover Design: Saage Media GmbH
ISBN Softcover (en): 978-3-384-53662-4
ISBN Ebook (en): 978-3-384-53663-1

Legal / Notices

All rights reserved. No part of this book may be reproduced, stored, or transmitted without written permission from the publisher.

The external links and source references listed in this book were checked at the time of publication. The author has no influence on the current and future designs and contents of the linked pages. The provider of the linked website alone is liable for illegal, incorrect or incomplete contents as well as for damages arising from the use or non-use of the information, not the person who refers to the respective publication via links. All external sources used are listed in the bibliography. Despite careful content control, we assume no liability for the contents of external sources. The operators of the quoted sources are solely responsible for their content. Images and sources from third parties are marked as such. The reproduction, processing, distribution and any kind of exploitation outside the limits of copyright require the written consent of the respective author or creator.

This book has been translated from German. Deviations from the original or translation errors cannot be completely ruled out. All sources linked in the book are available in English. We assume no liability for any content inaccuracies or misunderstandings that may have arisen through translation.

The data in the diagrams that are not explicitly marked with a source are not based on studies but are non-binding assumptions for better visualization.

This book was created using Artificial Intelligence (AI) and other tools. Among other things, tools were used for research, writing/editing, and generating decorative illustrations. Despite careful checking, errors cannot be completely ruled out. We would like to emphasize that the use of AI serves as a supporting tool to provide our readers with a high-quality and inspiring reading experience.

The references and quotations contained in this book have been carefully researched and reproduced in meaning. The interpretation and presentation of the quoted content reflects the author's understanding and does not necessarily correspond with the intention or opinion of the original authors. For paraphrased quotations, the core statements of the original sources have been incorporated into the context of this work to the best of knowledge and belief, but may deviate from the original wording and nuances of meaning due to transfer and simplification. All sources used are fully listed in the bibliography and can be read there in the original. The responsibility for the interpretation and contextual embedding of the quoted content lies with the author of this book. For scientific questions and detailed information, it is recommended to consult the original sources. The author has endeavored to present complex scientific matters in a generally understandable way. Simplifications and generalizations cannot be excluded. No guarantee can be given for the technical accuracy and completeness of the simplified presentations. The paraphrased reproduction of quotations and scientific findings is done conscientiously in compliance with citation law according to § 51 UrhG and all relevant copyright provisions of other countries. When simplifying, transferring, and possibly translating scientific content into generally understandable language, nuances of meaning and technical details may be lost. The author makes no claim to the rights of the quoted works and respects all copyrights of the original authors. Should unauthorized use be detected, the author requests notification to take appropriate measures. For academic purposes and when used as scientific reference, it is expressly recommended to refer to the original sources. The simplified presentation serves exclusively for popular science information.

The yoga exercises presented in this book have been carefully developed and tested. Nevertheless, the execution of the described exercises is at your own risk. Before starting the exercise program, you should have your health status checked by a doctor, especially if you suffer from chronic complaints or pre-existing conditions. The exercises do not replace medical treatment or physiotherapeutic care. In the case of acute pain, injuries, or other health issues, you should definitely seek medical advice. Particular caution is advised in cases of: - Acute injuries or surgeries - Cardiovascular diseases - High blood pressure - Osteoporosis - Arthritis or other joint diseases Always adjust the intensity of the exercises to your personal performance level and stop the exercises immediately if you experience pain or discomfort. The chairs used must be stable and secure. Do not use chairs with wheels or unstable seating. The exercises shown have been developed and demonstrated by qualified yoga instructors. All exercise instructions, photos, and illustrations are protected by copyright. Redistribution or reproduction is not permitted without written consent. All brands and product names mentioned in the book are subject to trademark or patent protection of their respective owners. References to studies and scientific findings can be found in the appendix.

Bendis Saage

Chair Yoga for Seniors: Joint-Friendly Yoga Flows and Asanas on the Chair

A Practical Guide with 5-Minute Chair Yoga for Seniors Over 60 - Including Weight Loss Exercises and Chair Yoga Training Plans for Home

73 Sources

43 Diagrams

27 Images

7 Illustrations

© 2025 Saage Media GmbH

All rights reserved

Dear readers,

We sincerely thank you for choosing this book. With your choice, you have not only given us your trust but also a part of your valuable time. We truly appreciate that.

Stay mobile - even while sitting! A challenge that many people face today. Whether in the office, with limited mobility, or in old age: This book shows how you can maintain and improve your flexibility with gentle yoga exercises on a chair. The presented exercise sequences are specifically tailored to the needs of beginners and seniors. Discover effective flows and asanas that boost your metabolism, relieve tension, and improve your posture. With practical training plans for home and the office, you can effortlessly integrate the exercises into your daily routine. This book combines traditional yoga practices with modern insights from movement science and offers you a safe path to greater vitality - all without mat yoga. Start your personal chair yoga program today and experience the positive impact of regular movement on your well-being.

This guide provides you with easy-to-understand and practical information on a complex topic. Thanks to self-developed digital tools that also use neural networks, we were able to conduct extensive research. The content has been optimally structured and developed up to the final version to provide you with a well-founded and easily accessible overview. The result: You get a comprehensive insight and benefit from clear explanations and illustrative examples. The visual design has also been optimized through this advanced method so that you can quickly grasp and use the information.

We strive for the highest accuracy but are grateful for any indication of possible errors. Visit our website to find the latest corrections and additions to this book. These will also be incorporated in future editions.

We hope you enjoy reading and discover new things! If you have any suggestions, criticism or questions, we look forward to your feedback. Only through active exchange with you, the readers, can future editions and works become even better. Stay curious!

Bendis Saage

Saage Media GmbH - Team

- www.SaageBooks.com/
- support@saagemedia.com
- Spinnereistraße 7 - c/o SpinLab – The HHL Accelerator, 04179 Leipzig, Germany

Quick access to knowledge

To ensure an optimal reading experience, we would like to familiarize you with the key features of this book:

- **Modular Structure:** Each chapter is self-contained and can be read independently of the others.
- **Thorough Research:** All chapters are based on thorough research and are supported by scientific references. The data shown in the diagrams serves for better visualization and is based on assumptions, not on the data provided in the sources. A comprehensive list of sources and image credits can be found in the appendix.
- **Clear Terminology:** Underlined technical terms are explained in the glossary.
- **Chapter Summaries:** At the end of each chapter, you'll find concise summaries that give you an overview of the key points.
- **Concrete Recommendations:** Each subchapter concludes with a list of specific advice to help you put what you've learned into practice.

Additional bonus materials on our website

We plan to provide the following exclusive materials on our website:

- Bonus content and additional chapters
- A compact overall summary
- An audio drama version. (In planning)

The website is currently under construction.



www.SaageBooks.com/chair_yoga-bonus-TMHN2Q



Table of Contents

- 1. Fundamentals of Chair Yoga
 - 1. 1 Benefits and Effects
 - Joint-gentle movements
 - Stress reduction while sitting
 - Physical activation
 - 1. 2 Equipment and Preparation
 - Suitable seating
 - Room design at home
 - Safety aspects
 - 1. 3 Breathing Techniques while Seated
 - Abdominal breathing on the chair
 - Alternate nostril breathing while seated
 - Energizing breathing exercises

- 2. Exercise Sequences and Flows
 - 2. 1 Warm-up Exercises on the Chair
 - Gentle mobilization
 - Shoulder stretching
 - Pelvic circles
 - 2. 2 Classic Asanas
 - Seated forward bend
 - Twisting seat variations
 - Lateral stretches
 - 2. 3 Relaxation Sequences
 - Meditation while seated
 - Progressive muscle relaxation
 - Mindful body awareness

- 3. Target Group Specific Applications
 - 3.1 Chair Yoga for Seniors
 - Age-appropriate exercise sequences
 - Coordination exercises
 - Balance training
 - 3.2 Weight Loss through Chair Yoga
 - Metabolism-stimulating exercises
 - Muscle-building sequences
 - Fat burning while seated
 - 3.3 Office Yoga Sequences
 - Break exercises
 - Balancing movements
 - Concentration-promoting practices

- 4. Training Plans and Programs
 - 4. 1 Short Sessions
 - Morning activation
 - Lunch break sequences
 - Evening relaxation
 - 4. 2 Weekly Programs
 - Beginner training plan
 - Advanced exercise sequences
 - Regeneration phases
 - 4. 3 Thematic Units
 - Back health
 - Promoting mobility
 - Posture improvement

- 5. Health Aspects
 - 5. 1 Therapeutic Applications
 - Pain relief
 - Movement restrictions
 - Rehabilitative exercises
 - 5. 2 Preventive Measures
 - Preventing postural damage
 - Muscular balance
 - Joint stabilization
 - 5. 3 Energetic Effects
 - Meridian work while seated
 - Chakra activation
 - Vitalization
- Sources
- Image Sources

1. Fundamentals of Chair Yoga

Who actually says that yoga has to take place only on the mat? The chair as a tool opens up entirely new perspectives for gentle movement and relaxation—especially when mobility is limited. With the right preparation and a few aids, any chair can be transformed into a valuable exercise partner. Conscious breathing forms the foundation for all further exercises. Let us discover together how you can improve your mobility with simple means.



1. 1 Benefits and Effects



Chair Yoga offers seniors a safe and joint-friendly way to stay physically active and promote their health. It has a positive effect on joint issues, stress, and overall well-being. It strengthens muscles, improves mobility, and trains balance. Through gentle postures, breathing exercises, and mindful movements, Chair Yoga alleviates pain, reduces stiffness, and promotes relaxation. It contributes to an improved body awareness and helps to relieve muscular tension. Discover the effects of Chair Yoga and learn how regular practice can enhance your quality of life.

Regular chair yoga can maintain independence in daily life and reduce the risk of falls, especially in seniors, by strengthening muscles, balance, and flexibility.

Joint-gentle movements



Joint-gentle movements in chair yoga aim to relieve the joints while simultaneously strengthening the muscles [s1]. Gentle postures and breathing exercises form the foundation. Thus, even seniors with existing joint issues such as knee osteoarthritis can benefit from the positive effects, as pain and stiffness can be reduced and joint function improved [s2] [s3]. An important aspect is warming up before the exercises. Warm-up exercises promote circulation and prepare the joints for the strain, reducing stiffness and preventing pain [s1]. Restorative practices, which are exercises for regeneration and gentle stretches, promote relaxation and relieve tension in the joints [s1]. Aids such as cushions or blankets additionally support the joints and enable a safe execution of the exercises [s1]. Slow, controlled movements performed in harmony with breathing regulate blood pressure and promote overall joint health [s1]. This combination of aspects not only positively affects the joints but also improves balance, thereby reducing the risk of falls [s4]. Physical activity, especially strength and balance training, is essential to maintain mobility and prevent falls [s4] [s5]. Regular training can slow down the



age-related decline of physical functions, thus maintaining independence in daily life for a longer time [s4]. Chair yoga offers a safe and gentle way to stay active and promote joint health. Performing the exercises while seated reduces the strain on the joints, particularly the hips and knees, compared to standing exercises. This allows individuals with movement restrictions or pain to train safely and improve their mobility. The strengthening of the muscles achieved through chair yoga exercises also contributes to stabilizing the joints and improving posture. Improved posture can, in turn, help alleviate joint pain and increase mobility.

Good to know

Osteoarthritis

Osteoarthritis is a degenerative joint disease characterized by the breakdown of cartilage, which can lead to pain, stiffness, and limited mobility. Chair yoga can help alleviate symptoms and improve mobility by strengthening the muscles and stabilizing the joints without overloading them.

Mobility

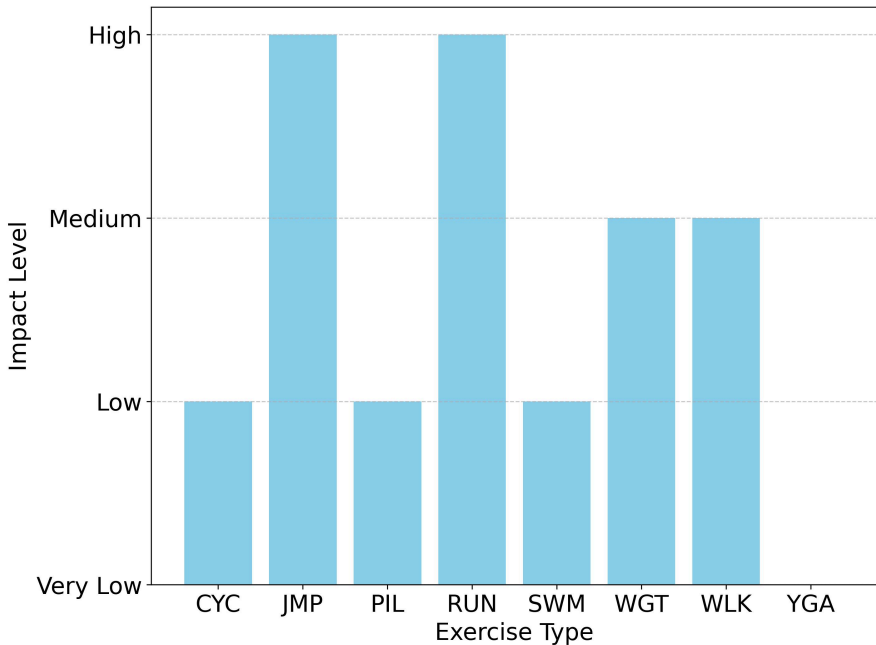
Mobility refers to the ability to move freely and easily. Chair yoga can help maintain or improve mobility in seniors by promoting joint flexibility, muscle strength, and balance. Increased mobility can support independence in daily life and reduce the risk of falls.

Restorative Practices

Restorative practices in chair yoga are gentle, regenerative exercises aimed at relaxing the body, reducing stress, and activating self-healing powers. They often involve holding positions for extended periods with the support of aids such as cushions and blankets to fully relieve the body.

Joint Impact Comparison

Impact levels of various exercises



CYC: Cycling

PIL: Pilates

SWM: Swimming

WLK: Walking

JMP: Jumping Jacks

RUN: Running

WGT: Weightlifting

YGA: Chair Yoga

High impact activities like running and jumping put significant stress on joints. Low impact exercises such as swimming and cycling are gentler, making them suitable for seniors or those with joint issues. Chair yoga offers a very low impact approach, minimizing strain while promoting flexibility and strength. Choosing appropriate exercises based on individual needs and physical condition is crucial for long-term joint health.