

4-Week

Exercise Plan

Chair Yoga

Week 1

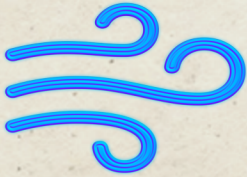
Monday



Neck Movement- **p.12**



Neck Mobility- **p.14**



Sheetali Pranayama - **p.76**

Tuesday



Cat and Cow – **p.16**



Seated Hip Opening – **p.18**



Forward Fold with Breath Awareness – **p.38**

Wednesday



Knee Circles- **p. 20**



Ankle Circles - **p.22**



Toe Stretch- **p.24**

Thursday



Seated Twist- **p. 20**



Standing Twist- **p.54**



Abdominal Breathing with Knee Hug - **p.28**

Friday



Seated Backbend – **p. 36**



Standing Forward Bend – **p.64**



Eye Exercise with Cucumber Slices – **p.77**

Saturday

Mini Meditation: Sit upright on the chair, close your eyes, and follow your breath for 5-10 minutes.

Notice your thoughts and sensations without judging them.

Sunday

Weekly Reflection:

Note which exercise felt especially good for you. What did you notice? What surprised or motivated you?

Week 2

Monday



Belly Breathing with Hand on the Abdomen – **p.44**



Standing Up & Sitting Down – **p.48**



Half Boat Pose – **p.56**

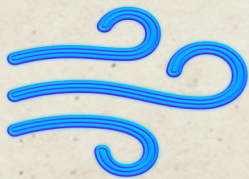
Tuesday



Warrior 2 – **p.52**



Side Stretch – **p.40**

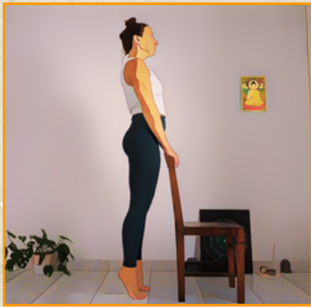


Sheetali Pranayama – **p.76**

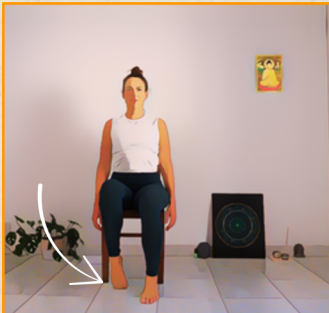
Wednesday



Arm and Leg Extension – **p. 50**



Toe Tapping Exercise at the Chair –
p.54



Toe Stretch – **p.24**

Thursday



Sufi-Circles- **p. 30**



Forward Fold with Breath Awareness - **p.38**



Eye Exercise with Cucumber Slices - **p.77**

Friday



Reverse Plank – **p. 70**



Seated Backbend – **p. 36**



Abdominal Breathing with Knee Hug – **p.28**

Saturday

Mindful Walk:

Take a walk for about 15 minutes – slow, conscious, and without distractions.

Mindfully notice your surroundings, your breath, and your steps.

Sunday

Reflection:

Take a moment to ask yourself how you want to feel in your body.

Who do you want to be – in movement, in everyday life, and in your relationship with yourself?

Week 3

Monday



Arm and Leg Extension – **p. 50**



Warrior 2 – **p.52**

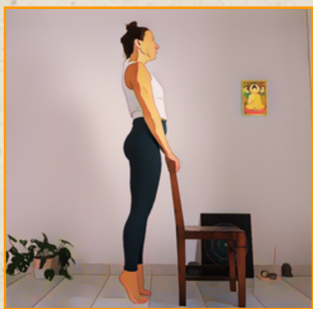


Belly Breathing with Hand on the Abdomen – **p.44**

Tuesday



Standing Twist- **p.54**



Toe Tapping Exercise at the Chair -
p.54



Seated Backbend - **p. 36**

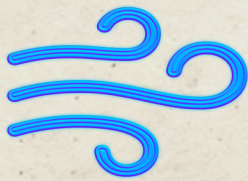
Wednesday



Knee Circles- **p. 20**



Forward Fold with Breath Awareness - **p.38**



Sheetali Pranayama - **p.76**

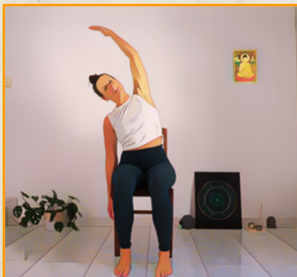
Thursday



Eagle Arms – **p. 62**



Half Boat Pose – **p.56**



Side Stretch – **p.40**

Friday



Standing Up & Sitting Down – **p.48**



Plank– **p.66**



Seated Hip Opening – **p.18**

Saturday

Foot Bath and Time Out:

Treat yourself to a warm foot bath with soft music or a good book.

Allow yourself conscious relaxation and regeneration.

Sunday

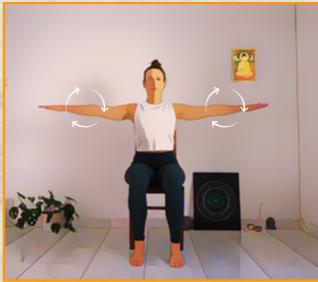
Set Your Intention:

Write a sentence that will accompany you in the coming week – for example: “I move with ease and confidence.”

Write it down and remind yourself of it throughout your day.

Week 4

Monday



Shoulder Opening and Stability –
p. 60



Standing Twist – **p.34**



Standing Forward Bend – **p.64**

Tuesday



Sufi-Circles - **p. 30**



Side Stretch - **p.40**



Seated Backbend - **p. 36**

Wednesday



Warrior 2 – **p.52**



Plank– **p.66**



Eye Exercise with Cucumber
Slices – **p.77**

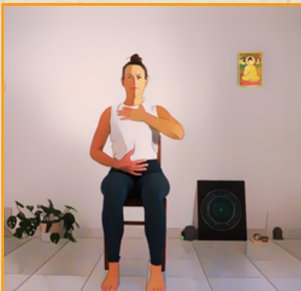
Thursday



Knee Circles- **p. 20**



Half Boat Pose - **p.56**



Belly Breathing with Hand on the Abdomen - **p.44**

Friday



Seated Hip Opening – **p.18**



Seated Backbend – **p. 36**



Forward Fold with Breath Awareness – **p.38**

Saturday

Gratitude:

Write down three things you are grateful for this week.

Pay attention to small changes or moments that made you feel good.

Sunday

Weekly Planning:

Set one or two small goals for the coming week – for example, daily movement, mindful breaks, or repeating a favorite exercise.