PRINTABLE 28-DAY PROGRAM

28-Day *Chair Yoga* Challenge

Gentle seated yoga for flexibility, posture and calm. 12 illustrated poses, a day-by-day plan and simple trackers, made for beginners and seniors who'd rather not get down on the floor.

10–15 MIN A DAY | NO MAT NEEDED | ALL LEVELS



CREATED BY
Coach Luke

NASM-CPT · CES · PES
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START HERE

Welcome to your 28 days of chair yoga

Hi, I'm Coach Luke. For more than 20 years I've helped people move better, and the people who often get the most from it are the ones who think "real" exercise isn't for them anymore. Chair yoga changes that. You get the stretching, the posture work and the slow breathing of yoga, and the chair does the balancing for you.

One honest note: I'm not a certified yoga teacher. I'm a NASM certified personal trainer and corrective exercise specialist, so I teach these poses the way I coach any movement: steady joints, slow breathing and no forcing.

HOW IT WORKS

1. Do your Day 1 check-in (page 11).
2. Learn the 12 poses (pages 5 to 10).
3. Follow one week page at a time (pages 13 to 16) and tick each day on the calendar (page 12).
4. Repeat the check-in on Days 14 and 28.

WHAT YOU NEED

A sturdy chair without wheels or arms.

Comfortable clothes and non-slip shoes or bare feet.

10 to 15 minutes a day. That's it: no mat, no floor work.

YOUR FREE BONUS

28 days of short coaching emails from me. Scan the QR code on page 24.

What chair yoga can and can't do

Practiced most days, chair yoga can help you feel less stiff, sit and stand taller, breathe more slowly and feel calmer. It burns few calories, so it isn't a weight-loss plan on its own. Pair it with walking, some strength work and good food (page 20) and it becomes a great part of a healthy week.

BEFORE YOU BEGIN

Safety first

CHECK WITH YOUR DOCTOR FIRST IF YOU HAVE

- Osteoporosis: deep rounding and strong twists may need to be limited.
- A joint replacement or recent surgery: some hip, knee or shoulder positions may be restricted.
- Heart, lung or blood pressure conditions.
- Frequent dizziness or a recent fall.
- Glaucoma: ask before any pose that brings your head below your heart.

STOP AND GET HELP IF YOU FEEL

- Chest pain, pressure or tightness. Call emergency services if it's severe or doesn't pass.
- Dizziness or lightheadedness. Stay seated and breathe slowly.
- Numbness, tingling or weakness in an arm, leg or your face.
- Sharp or pinching pain in any pose.



SET UP YOUR CHAIR

- Sturdy, armless chair with no wheels.
- Back against a wall or on a non-slip rug.
- Sit on the front half of the seat.
- Feet flat, hip-width apart, knees over ankles. Feet don't reach? Rest them on a thick book.
- Hips a little higher than knees? Sit on a folded towel.

This program is general fitness information, not medical advice, diagnosis or treatment. Move within a comfortable range and stop any pose that hurts.

THE BASICS

Breathe slowly, stretch gently

The 4–6 breath

Breathe in through your nose for a count of 4. Breathe out slowly for a count of 6. A longer breath out is the calming part. Use it in every pose and whenever you feel tense.

In each pose, take **3 to 5 slow breaths** unless the card says otherwise. Move on a breath out, hold still on a breath in.

Your stretch comfort scale

0 = you feel nothing. 10 = pain. Aim for **3 to 5**: a mild, pleasant stretch you could hold while chatting.

0	1	2	3	4	5	6	7	8	9	10

Nothing — **Aim here: mild stretch** — Back off: too much



How to read the pictures

Figure: the finish position.

Steps: how you get there.

Amber arrow: the direction of the movement.

When a pose has sides, the steps describe the right side first. Then repeat on the left.

MOVE LIBRARY

12 chair yoga poses



01

Seated Mountain Breath

POSTURE · BREATHING

1. Sit on the front half of the chair, feet flat and hip-width apart, knees over ankles.
2. Rest one hand on your thigh and one hand on your belly.
3. Grow tall through the crown of your head and let your shoulders soften down.
4. Breathe in through your nose for 4 counts and feel your belly rise. Breathe out for 6.

DO	EASIER	HARDER
5 slow breaths	Sit back against the chair for support.	8 breaths: in for 4, out for 8.



02

Neck Release

NECK · UPPER BACK

1. Sit tall with both hands resting on your thighs.
2. Let your right ear drop toward your right shoulder. Don't lift the shoulder.
3. Let your left shoulder relax down. Feel a gentle stretch along the left side of your neck.
4. Lift your head slowly back to center, then switch sides.

Keep it small. The neck never likes to be pushed.

DO	EASIER	HARDER
3 breaths each side	Tilt only halfway.	Rest your hand lightly on your head. Never pull.



03

Shoulder Rolls

SHOULDERS

1. Sit tall with your arms relaxed and hands on your thighs.
2. Breathe in and lift both shoulders up toward your ears.
3. Breathe out as you roll them back and let them drop down.
4. Make slow, round circles: 5 rolling back, then 5 rolling forward.

DO	EASIER	HARDER
5 back + 5 forward	Roll one shoulder at a time.	Add 3 slow arm circles each way.



04

Seated Cat-Cow

SPINE · BACK

1. Sit near the front of the seat with your hands on your knees.
2. Cow: breathe in, lift your chest, draw your shoulders back and look slightly up.
3. Cat (pictured): breathe out, round your back, draw your belly in and tuck your chin.
4. Flow slowly between the two shapes with your breath.

Osteoporosis: keep the rounding small.

DO	EASIER	HARDER
6 to 8 rounds	Make the movement smaller.	Pause for 2 breaths in each shape.



05

Seated Sun Breath

SHOULDERS · SIDE BODY

1. Sit tall with your hands on your thighs.
2. Breathe in and sweep your arms out and up, as high as is comfortable.
3. Breathe out and float your arms back down to your thighs.
4. Keep your shoulders relaxed, away from your ears.

DO
6 rounds

EASIER
Raise your arms to shoulder height, or bend your elbows.

HARDER
Hold your arms up for 3 breaths on the last round.



06

Seated Side Bend

WAIST · SIDE BODY

1. Sit tall and rest your left hand on the seat beside you.
2. Breathe in and reach your right arm up.
3. Breathe out and lean gently to the left. Keep both hips heavy on the chair.
4. Breathe here, come back to center, then switch sides.

DO
3 breaths each side

EASIER
Rest your top hand on your head instead of reaching.

HARDER
Stay for 5 breaths each side.



07

Seated Twist

MID BACK · SPINE

1. Sit tall with both feet flat on the floor.
2. Place your left hand on your right knee and your right hand on the back of the chair.
3. Breathe in to grow tall. Breathe out and turn gently to the right from your mid back.
4. Let your head follow last. Unwind slowly, then switch sides.

Osteoporosis or back surgery: keep the twist gentle and ask your doctor.

DO
3 to 5 breaths each side

EASIER
Keep both hands on your thighs and turn only a little.

HARDER
Turn a tiny bit further with each breath out.



08

Seated Eagle Arms

UPPER BACK · SHOULDERS

1. Open your arms wide at shoulder height.
2. Swing them in and cross your right elbow over your left.
3. Bring the backs of your hands or your palms together, or simply hug your shoulders.
4. Lift your elbows a little and breathe into your upper back. Switch arms.

DO
3 breaths each side

EASIER
Give yourself a hug instead.

HARDER
Lift your elbows to shoulder height.



09

Seated Knee Lifts

HIPS · LEGS

1. Sit tall and hold the sides of the seat.
2. Lift one knee a few inches so your foot leaves the floor.
3. Lower it slowly with control.
4. Switch legs. Keep your back tall and don't lean back.

DO	EASIER	HARDER
8 lifts each side	Slide your foot along the floor instead of lifting it.	Pause for 2 seconds at the top.



10

Seated Figure Four

OUTER HIPS · GLUTES

1. Sit tall with both feet flat on the floor.
2. Cross your right ankle over your left knee and let your right knee drop open.
3. Rest one hand on your ankle and one on your knee.
4. Stay tall. For more stretch, hinge forward a little from your hips. Switch sides.

Flex the crossed foot to protect your knee. Hip replacement: ask your doctor first.

DO	EASIER	HARDER
5 breaths each side	Rest your ankle lower down on your shin.	Hinge a little further forward with a long back.



11

Seated Hamstring Stretch

BACK OF LEGS

1. Scoot toward the front of the seat.
2. Straighten one leg with the heel on the floor and toes pointing up.
3. Rest your hands on the straight leg and keep your back long.
4. Hinge forward from your hips until you feel the back of your leg. Switch legs.

DO	EASIER	HARDER
5 breaths each leg	Keep a soft bend in the knee.	Draw your toes a little more toward you.



12

Seated Forward Fold

LOWER BACK · RELEASE

1. Spread your feet a little wider than your hips.
2. Breathe out and fold forward from your hips, chest toward your thighs.
3. Let your arms and head hang heavy and breathe slowly.
4. To come up, put your hands on your thighs and roll up slowly, head last.

Glaucoma, high blood pressure, osteoporosis or dizziness: skip it or keep it very small.

DO	EASIER	HARDER
5 breaths	Rest your forearms on your thighs and fold halfway.	Stay for 8 slow breaths.

TRACK YOUR PROGRESS

Your check-in

Take 5 minutes on Day 1, Day 14 and Day 28. Write down what you notice. Small changes are real changes.

	DAY 1	DAY 14	DAY 28
Seated reach Sit near the front, straighten one leg, reach toward your toes. Where do your fingertips reach? (knee / shin / ankle / toes)			
Shoulder reach One hand over your shoulder, one up your back. Gap between fingers? (inches, or 'touch')			
Neck turn How easy is it to look over each shoulder? (0 = very stiff, 10 = easy)			
30-second sit-to-stand Chair against a wall. Count how many times you stand up fully and sit down in 30 seconds. Use your hands if needed.			
Morning stiffness 0 = none, 10 = very stiff			
Calm & stress 0 = very stressed, 10 = very calm			
Sleep 0 = poor, 10 = great			

Safety: skip the sit-to-stand if standing up is hard or makes you dizzy. Just note "skipped" and focus on the other checks.

YOUR 28 DAYS AT A GLANCE

The challenge calendar

Tick each day when you're done. Missed a day? Just carry on with the next one. Consistency beats perfection.

WEEK 1 · FOUNDATIONS · 10 MIN

1	2	3	4	5	6	7
Week flow + check-in ☐	Week flow ☐	Week flow ☐	Mini-flow + walk ☐	Week flow ☐	Week flow ☐	Rest & reflect ☐

WEEK 2 · ADD THE TWIST · 12 MIN

8	9	10	11	12	13	14
Week flow ☐	Week flow ☐	Week flow ☐	Mini-flow + walk ☐	Week flow ☐	Week flow ☐	Rest & reflect + check-in ☐

WEEK 3 · HIPS & LEGS · 15 MIN

15	16	17	18	19	20	21
Week flow ☐	Week flow ☐	Week flow ☐	Mini-flow + walk ☐	Week flow ☐	Week flow ☐	Rest & reflect ☐

WEEK 4 · FULL FLOW · 15–18 MIN

22	23	24	25	26	27	28
Week flow ☐	Week flow ☐	Week flow ☐	Mini-flow + walk ☐	Week flow ☐	Week flow ☐	Rest & reflect + check-in ☐

WEEK 1 · 10 MIN A DAY

Foundations

This week is about setup, breathing and gentle movement for your neck, shoulders and spine. Go slowly. Easy is the right speed.

YOUR WEEK 1 FLOW

	01	**Seated Mountain Breath**	5 slow breaths
	02	**Neck Release**	3 breaths each side
	03	**Shoulder Rolls**	5 back + 5 forward
	04	**Seated Cat-Cow**	6 rounds
	05	**Seated Sun Breath**	6 rounds
	06	**Seated Side Bend**	3 breaths each side
	01	**Seated Mountain Breath**	Finish: 5 slow breaths

COACH'S TIP

Put your chair in the same spot every day. A ready chair makes it easy to start.

DAY 4 & DAY 7

Day 4: one 5-minute mini-flow (pages 18–19) plus a 10-minute walk. Day 7: rest, with 2 minutes of 4–6 breathing.

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Week flow	Week flow	Week flow	Mini-flow + walk	Week flow	Week flow	Rest & reflect
☐	☐	☐	☐	☐	☐	☐

WEEK 2 · 12 MIN A DAY

Add the twist

You'll add a gentle twist, Eagle Arms and Knee Lifts. Keep every stretch in the mild 3 to 5 zone.

YOUR WEEK 2 FLOW

	01	**Seated Mountain Breath**	5 slow breaths
	02	**Neck Release**	3 breaths each side
	03	**Shoulder Rolls**	5 back + 5 forward
	04	**Seated Cat-Cow**	8 rounds
	05	**Seated Sun Breath**	6 rounds
	06	**Seated Side Bend**	3 breaths each side
	07	**Seated Twist**	3 breaths each side
	08	**Seated Eagle Arms**	3 breaths each side
	09	**Seated Knee Lifts**	8 lifts each side
	01	**Seated Mountain Breath**	Finish: 5 slow breaths

COACH'S TIP

Twist on the breath out, grow tall on the breath in. Never crank your neck.

DAY 4 & DAY 7

Day 4: one 5-minute mini-flow (pages 18–19) plus a 10-minute walk. Day 7: rest, with 2 minutes of 4–6 breathing.

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Week flow	Week flow	Week flow	Mini-flow + walk	Week flow	Week flow	Rest & reflect
☐	☐	☐	☐	☐	☐	☐

WEEK 3 · 15 MIN A DAY

Hips & legs

Now add the hip and leg stretches that loosen you up after sitting. Use the Easier options whenever you need them.

YOUR WEEK 3 FLOW

	01	**Seated Mountain Breath**	5 slow breaths
	03	**Shoulder Rolls**	5 back + 5 forward
	04	**Seated Cat-Cow**	8 rounds
	05	**Seated Sun Breath**	6 rounds
	06	**Seated Side Bend**	5 breaths each side
	07	**Seated Twist**	5 breaths each side
	08	**Seated Eagle Arms**	3 breaths each side
	09	**Seated Knee Lifts**	8 lifts each side
	10	**Seated Figure Four**	5 breaths each side
	11	**Seated Hamstring Stretch**	5 breaths each leg
	12	**Seated Forward Fold**	5 breaths
	01	**Seated Mountain Breath**	Finish: 1 minute of breathing

COACH'S TIP

Come up from folds slowly, head last. Sit for a few breaths before you stand.

DAY 4 & DAY 7

Day 4: one 5-minute mini-flow (pages 18–19) plus a 10-minute walk. Day 7: rest, with 2 minutes of 4–6 breathing.

DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Week flow	Week flow	Week flow	Mini-flow + walk	Week flow	Week flow	Rest & reflect
☐	☐	☐	☐	☐	☐	☐

WEEK 4 · 15–18 MIN A DAY

Full flow

The complete flow with a little longer holds. Notice what feels easier than it did on Day 1.

YOUR WEEK 4 FLOW

	01	**Seated Mountain Breath**	8 slow breaths
	02	**Neck Release**	3 breaths each side
	03	**Shoulder Rolls**	5 back + 5 forward
	04	**Seated Cat-Cow**	8 rounds, pause in each
	05	**Seated Sun Breath**	6 rounds, hold the last
	06	**Seated Side Bend**	5 breaths each side
	07	**Seated Twist**	5 breaths each side
	08	**Seated Eagle Arms**	5 breaths each side
	09	**Seated Knee Lifts**	10 lifts each side
	10	**Seated Figure Four**	5 breaths each side
	11	**Seated Hamstring Stretch**	5 breaths each leg
	12	**Seated Forward Fold**	8 breaths
	01	**Seated Mountain Breath**	Finish: 2 minutes of breathing

COACH'S TIP

On Day 28, repeat your check-in and compare it with Day 1.

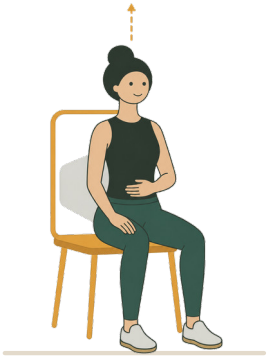
DAY 4 & DAY 7

Day 4: one 5-minute mini-flow (pages 18–19) plus a 10-minute walk. Day 7: rest, with 2 minutes of 4–6 breathing.

DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Week flow	Week flow	Week flow	Mini-flow + walk	Week flow	Week flow	Rest & reflect
☐	☐	☐	☐	☐	☐	☐

QUICK REFERENCE · PRINT AND PIN NEAR YOUR CHAIR

The 12-pose flow



01 · Seated Mountain Breath



02 · Neck Release



03 · Shoulder Rolls



04 · Seated Cat-Cow



05 · Seated Sun Breath



06 · Seated Side Bend



07 · Seated Twist



08 · Seated Eagle Arms



09 · Seated Knee Lifts



10 · Seated Figure Four



11 · Seated Hamstring Stretch



12 · Seated Forward Fold

Breathe in 4, out 6 · Mild stretch, 3 to 5 out of 10 · Come up slowly from folds

BONUS · MINI-FLOWS

Short on time? Do a 5-minute flow

5 MIN · ENERGIZING

Morning Wake-Up

Gently wakes up your spine, shoulders and hips.

	01 **Seated Mountain Breath**	5 slow breaths
	03 **Shoulder Rolls**	5 back + 5 forward
	04 **Seated Cat-Cow**	6 rounds
	05 **Seated Sun Breath**	6 rounds
	06 **Seated Side Bend**	3 breaths each side
	09 **Seated Knee Lifts**	8 lifts each side

5 MIN · AT WORK

Desk Reset

No change of clothes. Push your chair back from the desk first.

	02 **Neck Release**	3 breaths each side
	03 **Shoulder Rolls**	5 back + 5 forward
	04 **Seated Cat-Cow**	6 rounds
	07 **Seated Twist**	3 breaths each side
	10 **Seated Figure Four**	3 breaths each side

BONUS · MINI-FLOWS

Two more flows

5 MIN · CALMING

Evening Wind-Down

Slow breaths and soft stretches before bed.

	01	**Seated Mountain Breath**	Breathe in 4, out 6, for 1 minute
	02	**Neck Release**	3 breaths each side
	08	**Seated Eagle Arms**	3 breaths each side
	11	**Seated Hamstring Stretch**	5 breaths each leg
	12	**Seated Forward Fold**	5 breaths
	01	**Seated Mountain Breath**	Finish: 5 slow breaths

5 MIN · AFTER SITTING

Stiff Hips & Back

For long drives, flights and TV evenings.

	04	**Seated Cat-Cow**	8 rounds
	07	**Seated Twist**	3 breaths each side
	09	**Seated Knee Lifts**	8 lifts each side
	10	**Seated Figure Four**	3 breaths each side
	11	**Seated Hamstring Stretch**	3 breaths each leg

MAKE IT COUNT

Pair chair yoga with the big three

Chair yoga keeps you loose, steady and calm. For energy, strength and a healthy weight, pair it with these three habits. Start small and add one at a time.

1

Walk

A 10-minute walk after a meal is a great start. Add a few minutes each week.

2

Get stronger

Two short strength sessions a week, like sit-to-stands and wall push-ups, help keep you independent.

3

Eat protein

Include a palm-sized portion of protein at each meal to help protect your muscle as you age.

MAKE THE HABIT STICK

- Same time, same chair: after morning coffee or before the evening news.
- Never miss twice. One missed day is life. Two starts a new habit.
- Do the 5-minute Desk Reset on busy days. It still counts.
- Tell a friend, or do it together on a video call.

FREE PRINTABLES

Want more? My Free Resource Library has guides and trackers to go with this challenge: **coachluke.com/free-library**

REFLECTION

Your weekly notes

WEEK 1 · FOUNDATIONS

What felt easier? What do you want to keep doing?

WEEK 2 · ADD THE TWIST

What felt easier? What do you want to keep doing?

WEEK 3 · HIPS & LEGS

What felt easier? What do you want to keep doing?

WEEK 4 · FULL FLOW

What felt easier? What do you want to keep doing?

BONUS · KEEP GOING

Weeks 5–8: your next month

Week 5	Full flow, 5 days. Use the Harder option on 3 poses you like.
Week 6	Full flow, 4 days, plus a mini-flow on 2 other days. Add 2 breaths to every hold.
Week 7	Full flow, 5 days. Pause for 2 breaths at the end of each movement pose.
Week 8	Build your own 15-minute flow from your favorite poses. Repeat your check-in on Day 56.

TICK EACH DAY YOU PRACTICE

29 ☐	30 ☐	31 ☐	32 ☐	33 ☐	34 ☐	35 ☐
36 ☐	37 ☐	38 ☐	39 ☐	40 ☐	41 ☐	42 ☐
43 ☐	44 ☐	45 ☐	46 ☐	47 ☐	48 ☐	49 ☐
50 ☐	51 ☐	52 ☐	53 ☐	54 ☐	55 ☐	56 ☐

CERTIFICATE OF COMPLETION

28-Day *Chair Yoga* Challenge

This certifies that

_____

showed up for 28 days, practiced with patience, and built a habit that supports flexibility, posture and calm.

	Coach Luke
Date completed	Coach Luke · NASM-CPT, CES, PES



YOUR FREE BONUS

28 days of coaching emails from *Coach Luke*

One short email each day of your challenge: what to focus on, how to make the day's poses easier or harder, and a little encouragement to keep going.

Scan with your phone camera

How to claim it

1. Scan the QR code, or type **coachluke.com/chair-yoga-bonus** into your browser.
2. Enter your first name and email.
3. Your first email arrives right away. Day 1 starts when you're ready.

Free, no spam, unsubscribe any time.

THANK YOU

Thank you for choosing this challenge. If it helps you, I'd love to hear how it's going. Just reply to any of my coaching emails.

Questions? Email coach@coachluke.com any time. Enjoy your practice. Coach Luke

Disclaimer: This program provides general fitness information and is not medical advice, diagnosis or treatment. Talk to your doctor before starting a new exercise program, especially if you have a health condition, are recovering from surgery or injury, or are pregnant. Stop any pose that causes pain, dizziness or discomfort. For personal use only. Please don't share or resell. © 2026 Coach Luke · coachluke.com