

Chair Yoga for Beginners – Christian Edition

This simple chair yoga routine is safe for beginners, seniors, and anyone with limited mobility. Each movement is paired with gentle Christian intention.

1. Seated Mountain (5 breaths)

Sit tall with feet flat. Inhale: “Lord, fill me with Your strength.”

Exhale: “Lord, calm my mind.”

2. Shoulder Rolls (5 each direction)

Loosen tension. Breathe slowly. Thank Jesus for supporting your body.

3. Seated Twist (20–30 sec each side)

Place one hand on the opposite knee. Gently twist. Pray: “Guide my steps today.”

4. Forward Fold (10–15 sec)

Lower your chest toward your thighs. Release stress. Let your breathing soften.

5. Knee-Lift March (10 each leg)

Raise one knee at a time. Improve blood circulation. Say: “Lord, renew my energy.”

Scripture:

“I can do all things through Christ who strengthens me.” — Philippians 4:13

Use this routine daily to stay flexible, peaceful, and rooted in Christ.