

Christian Gentle Yoga for Seniors – 1-Page Daily Guide

This short routine is designed for seniors to improve mobility, reduce stiffness, and bring calm through gentle movement and faith.

1. Seated Mountain (6 slow breaths)

Sit tall on a chair, relax shoulders, inhale to lengthen spine, exhale to soften.

2. Neck Circles (3 each direction)

Roll gently—small movements only.

3. Seated Cat–Cow (6–8 cycles)

Inhale lift chest, exhale round the spine.

4. Chair Pigeon (20–30 sec each side)

Place ankle on opposite thigh, hinge forward gently.

5. Standing Heel Raises (8–10 reps)

Hold chair, rise on toes, lower slowly.

6. Legs Up Wall or Footstool (2–3 minutes)

Rest, breathe, let the body calm.

Short Prayer:

“Lord Jesus, bless my body with healing and peace as I move gently in Your presence.”