



30 Days

CHAIR YOGA SENIORS

Challenge



A. extended
side angle

DAY 1

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths



B. chair forward
bend

DAY 2

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths



C. chair
warrior

DAY 3

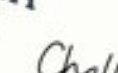
Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths



D. chair spinal
twist

DAY 4

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths



E. chair pigeon

DAY 5

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 6

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 7

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 8

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 9

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 10

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 11

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 12

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 13

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 14

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 15

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 16

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 17

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 18

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 19

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 20

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 21

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 22

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 23

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 24

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 25

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 26

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 27

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 28

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 29

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

DAY 30

Chair yoga A: 10 breaths
Chair yoga B: 10 breaths
Chair yoga C: 10 breaths
Chair yoga D: 10 breaths
Chair yoga E: 10 breaths

INCLUDED

A4

US LETTER
POSTER SIZE