28 Day
Chair Yoga Plan

One gentle move a day · 4 weeks · one chair

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Organic Fit

28-DAY CHALLENGE

28 Day Chair Yoga Plan *· your move for each day*

DAYS 1–4 Gentle Awakening

1 **Seated Mountain** · 5 slow breaths
Sit tall with both feet flat. Relax your shoulders and lengthen your spine.

2 **Neck Half-Circles** · 6 each side
Lower your chin gently, then roll your head from side to side. Keep the movement slow.

3 **Shoulder Rolls** · 8 back · 8 forward
Lift your shoulders up, roll them back and down, then repeat in a smooth circle.

4 **Seated Cat–Cow** · 6 rounds
Inhale and gently lift your chest. Exhale and round your spine.

DAYS 5–8 Soften & Stretch

5 **Sunrise Reach** · 5 breaths
Reach both arms overhead and stretch gently through your fingertips.

6 **Seated Side Bend** · 4 breaths each side
Place one hand beside you and reach the other arm overhead. Keep both hips grounded.

7 **Seated Forward Fold** · 5 breaths
Hinge forward from your hips and let your head, neck and shoulders relax.

8 **Seated Hamstring Stretch** · 4 breaths
Extend one leg with your heel on the floor. Lean forward gently with a long back.

DAYS 9–12 Tall & Graceful

9 **Crown-to-Sky Stretch** · 6 breaths
Sit tall, lengthen through the top of your head and relax your shoulders.

10 **Chest Opener** · 5 breaths
Hold the chair behind you and gently open your chest. Keep your shoulders relaxed.

11 **Gentle Seated Twist** · 4 breaths each side
Sit tall and slowly rotate your torso to one side. Exhale as you twist.

12 **Chin Glides** · 8 slow reps
Keep your gaze level and gently glide your chin straight back. Return to neutral.

DAYS 13–16 Breathe & Flow

13 **Heart–Belly Breathing** · 8 deep breaths
Place one hand on your chest and one on your belly. Breathe slowly and let your belly rise.

14 **Arm-Wave Breathing** · 6 rounds
Inhale as your arms float up. Exhale as they gently lower.

15 **Box Breathing** · 5 rounds
Inhale for 4 · hold for 4 · exhale for 4 · hold for 4.

16 **Humming Exhale** · 5 rounds
Take a deep breath in. Exhale with a soft hum and let your jaw and face relax.

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DAYS 17–20 Grounded & Steady

17 Seated Knee Lifts · 8 each side
Lift one knee slowly, pause, then lower it with control.

18 Toe & Heel Rocks · 10 slow reps
Lift your toes, then your heels. Keep your feet grounded and move slowly.

19 Seated Leg Extensions · 8 each side
Straighten one leg and hold for a moment. Point and flex your toes, then switch.

20 Standing Heel Lift · 5 breaths each side
Stand behind your chair and hold it lightly for support. Lift one heel, then switch.

DAYS 21–24 Quiet Strength

21 Warrior Arms · 5 breaths each side
Reach both arms out at shoulder height. Relax your shoulders and keep your breath steady.

22 Sit-to-Hover · 6 slow reps
Press through your feet and lift slightly from the chair. Pause, then lower with control.

23 Eagle Arms · 4 breaths each side
Wrap one arm under the other and gently lift your elbows. Breathe into the space between your shoulder blades.

24 Seated Core Curl · 6 reps
Lean back slightly with a long spine. Exhale and gently draw your belly in.

DAYS 25–28 Harmony & Rest

25 Full-Body Breath Sweep · 6 rounds
Inhale as your arms sweep up. Exhale as they slowly float back down.

26 Slow Twist Flow · 4 each side
Move gently from one twist to the other, using one slow breath on each side.

27 Neck & Shoulder Release · 6 breaths each side
Let one ear move toward your shoulder. Keep the opposite shoulder relaxed, then switch.

28 Seated Stillness · 3–5 minutes
Sit comfortably with your palms open. Soften your gaze and slowly notice your body from head to toe.

How to use
Find today’s number on the calendar, take two or three quiet minutes for your move, then tick the day off.