

30-DAY CHAIR YOGA PLAN FOR SENIORS

<p>Day 1 Seated Mountain Pose</p>  <p>Sit tall, feet flat on the floor, hands resting on thighs. Focus on posture and breath.</p>	<p>Day 2 Seated Side Bend</p>  <p>Raise one arm and gently lean to the opposite side. Switch sides.</p>	<p>Day 3 Seated Neck Rolls</p>  <p>Slowly roll head in a circle. Switch directions after a few breaths.</p>	<p>Day 4 Shoulder Rolls</p>  <p>Lift shoulders up, back, and down. Repeat slowly in both directions.</p>
<p>Day 5 Seated Forward Fold</p>  <p>Inhale, then exhale and gently fold forward over your thighs. Relax neck.</p>	<p>Day 6 Seated Cat-Cow</p>  <p>Hands on knees. Inhale: arch back and look up. Exhale: round spine and look down.</p>	<p>Day 7 Wrist Circles</p>  <p>Raise hands, make gentle circles with wrists in both directions.</p>	<p>Day 8 Seated Twist</p>  <p>Place right hand on left knee, twist gently to the left. Switch sides.</p>
<p>Day 9 Seated Leg Lift</p>  <p>Lift one leg slightly off the floor, hold, and lower. Alternate legs.</p>	<p>Day 10 Ankle Rolls</p>  <p>Lift one foot and rotate ankle slowly. Switch sides.</p>	<p>Day 11 Seated Chest Opener</p>  <p>Clasp hands behind chair (or reach back), gently open chest and lift chin.</p>	<p>Day 12 Seated Arm Circles</p>  <p>Make small slow circles with outstretched arms. Forward and backward.</p>
<p>Day 13 Seated Leg Lift</p>  <p>Lift one leg slightly off the floor, hold, and lower. Alternate legs.</p>	<p>Day 14 Breathing with Arms</p>  <p>Inhale as arms rise overhead, exhale as they lower. Move with breath.</p>	<p>Day 15 Seated Eagle Arms</p>  <p>Wrap arms (or elbows) in front, lift and stretch upper back. Switch arms.</p>	<p>Day 16 Seated Marching</p>  <p>Lift one knee at a time, gently march in place while sitting.</p>

First Session With Seniors A Step By Step Guide

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First Session With Seniors A Step By Step Guide:

First Session With Seniors A Step By Step Guide Book Review: Unveiling the Magic of Language

In an electronic digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**First Session With Seniors A Step By Step Guide**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence.

Throughout this critique, we shall delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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