Yoga is a great exercise with holistic effects. Here are some exercises that can be completed in standing or from a seated position. All exercises should be accompanied by thoughtful breathing and controlled movement. Consider playing some calming music during the activity: <https://www.youtube.com/watch?v=2RTZNLL0wss>.

1. **Seated Mountain**: Take a deep breath and as you exhale, roll shoulders down your back, pull your bellybutton toward your spine, and relax your arms down at your sides.
2. **Warrior**: As you inhale, lift your arms out to the sides, then raise your hands to meet above your head. As you exhale, roll your shoulders away from your ears, release your clasped hands and let your arms gently float back to your sides.
3. **Seated Forward Bend**: Take a deep inhale, and as you exhale, fold your trunk over your thighs. Take five or more breaths while in this pose before lifting your torso back to upright.
4. **Reverse Arm Hold**: As you inhale, stretch both arms out to your sides, palms down. As you exhale, bend your elbows and let your hand swing behind your back. Clasp hands and gently pull away from each other without releasing your hold. Take 5 slow, even breaths before reclasping the other arm and holding for 5 breaths.
5. **Seated Twist**: As you inhale, raise your arms out to your sides. As you exhale, gently twist to the right with your upper body and lower your arms so you can look over your shoulder. After 5 breaths, release the twist and return to the front before repeating on the left side.
6. **Single-Leg Stretch**: Sitting up tall, stretch out your right leg. Rest both hands on your outstretched leg. Bend over your right leg, sliding your hands down your leg as you go. Take 5 even breaths in this position before rising. Repeat with your left leg outstretched.

Videos of each moment are available at the link below: <https://www.healthline.com/health/fitness-exercise/chair-yoga-for-seniors>.