

# 10 Seated Yoga Poses to Make Your Body *Fall Proof*



A GentleStretching.net Publication

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# 10 Seated Yoga Poses to Make Your Body Fall-Proof

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### Disclaimer

*10 Seated Yoga Poses to Make Your Body Fall-Proof* is primarily an educational resource and is not intended to take the place of the advice and recommendations of a physician. If you suspect you may have a health problem, please seek the services of a physician or healthcare professional.

The Gentle Stretching authors have checked with sources believed to be reliable in their efforts to provide information that is complete and generally in accord with the standards accepted at the time of publication. The information was accurate to the best of their knowledge. It is presented AS IS.

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### Preface

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### 10 Seated Yoga Poses to Make Your Body Fall-Proof

#### Warm-Up

For this exercise, it is best to be barefoot.

Begin in an upright sitting position on the chair with your feet flat on the floor, maintaining good alignment with your head, shoulders and hips. Place your hands on your knees. Looking for a light stretch in your calf area, inhale as you raise to your toes on both feet. Exhale, lower your heels back down to the floor, and flex your ankles to lift your toes toward the ceiling. Repeat the sequence of movements.



Warm-Up

## 10 Seated Yoga Poses to Make Your Body Fall-Proof

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### #1 – Foot Awareness

For this exercise, it is best to be barefoot.

Begin in an upright sitting position on the chair with your feet flat on the floor, maintaining good alignment with your head, shoulders and hips. Place your hands on your knees. Press down through your toes and heels, bringing awareness to the triangle base of support in your feet, with your toes at the top of the triangle and your heels at the bottom. Close your eyes and take several deep belly breaths, in through your nose and out through your mouth.



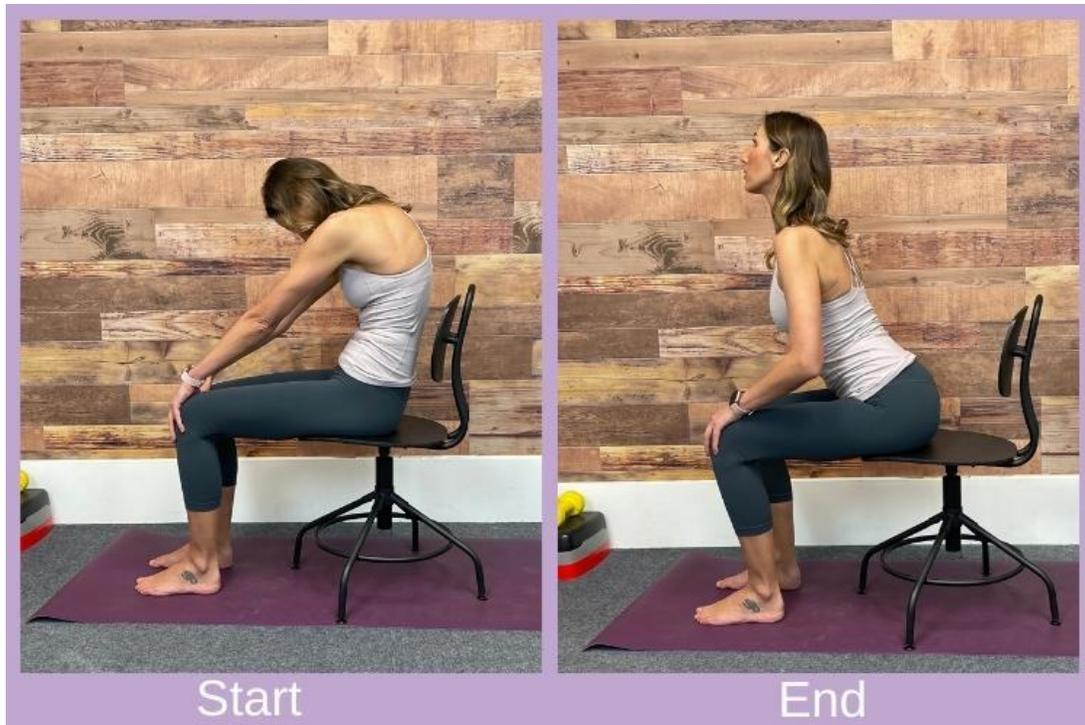
**Foot Awareness**

## 10 Seated Yoga Poses to Make Your Body Fall-Proof

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### #2 – Cat Cow

Begin in an upright sitting position on the front of a chair with your feet flat on the floor, shoulder-width apart. Place your hands on your knees and engage your core. Exhale as you slowly round your low back out, gently lowering your head towards your chest. Then, alternate by taking a deep belly breath as you arch your low back and slowly tilt your head upward. Repeat the sequence of movements.



**Cat Cow**

## 10 Seated Yoga Poses to Make Your Body Fall-Proof

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### #3 – Knee Lifts

Begin in an upright sitting position on the chair with your feet flat on the floor, maintaining good alignment with your head, shoulders and hips. Place your hands on your knees and engage your core. Inhale, slowly lift one foot off the ground, and hold this position for several seconds. Lower your foot to the starting position and repeat the movement on the opposite side.

To make the exercise more challenging, press down on your raised knee with one hand for added resistance.



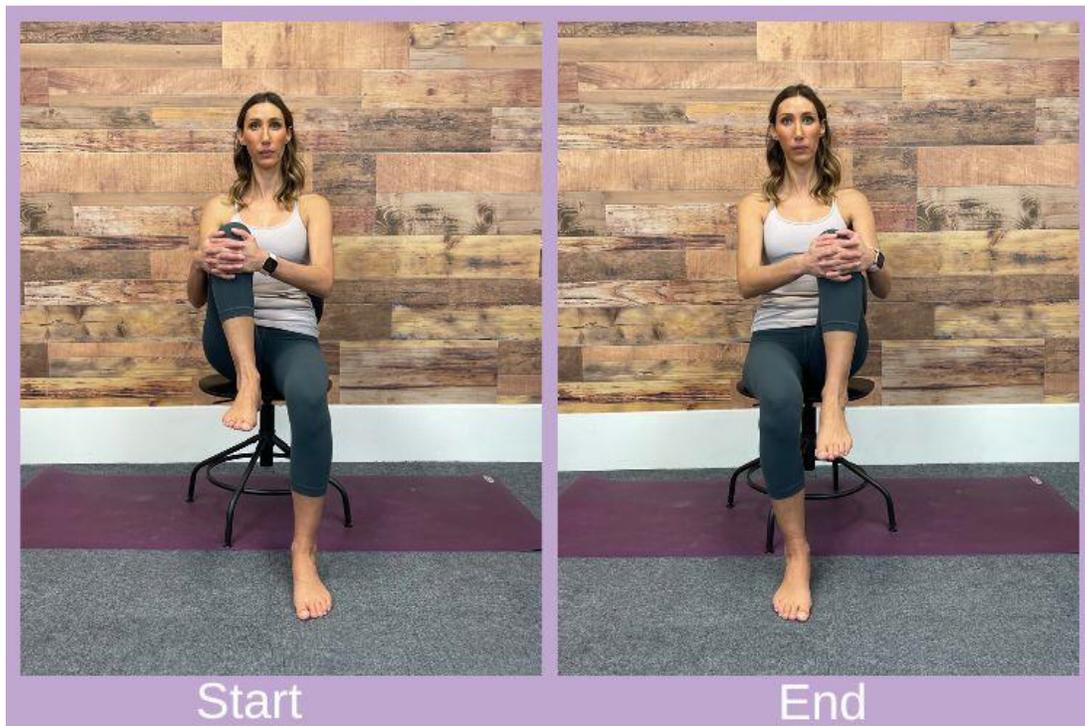
**Knee Lifts**

## 10 Seated Yoga Poses to Make Your Body Fall-Proof

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### #4 – Knee Hugs

Begin in an upright sitting position on the front of a chair with your feet flat on the floor, maintaining good alignment with your head, shoulders and hips. Contract your abdominal area and lift one knee up towards your chest. Use your hands to pull your knee closer to your body and hold this position for several deep belly breaths, in through your nose and out through your mouth. Lower your leg to the starting position and repeat the movement on the opposite side.



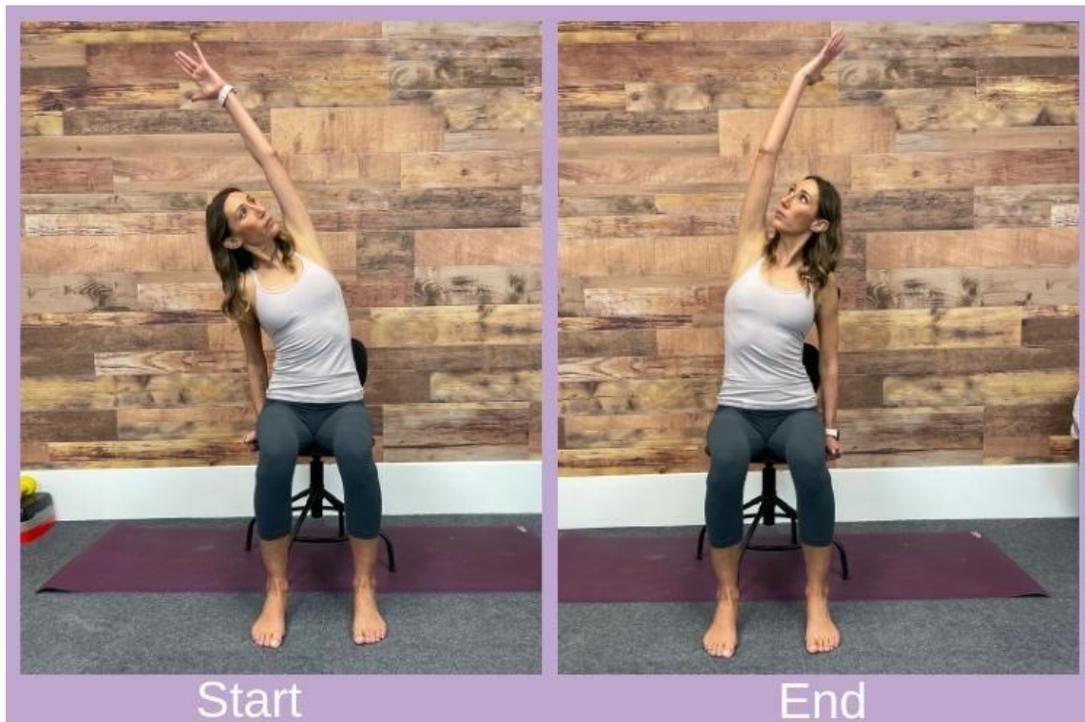
**Knee Hugs**

## 10 Seated Yoga Poses to Make Your Body Fall-Proof

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### #5 – Side Bends

Begin in an upright sitting position on the front of a chair with your feet flat on the floor, maintaining good alignment with your head, shoulders and hips. Extend one arm overhead and hold onto the seat of your chair with your opposite hand for support. Contract your core and bend your upper body to the side, reaching over your head with your arm. Hold this position for several deep belly breaths, in through your nose and out through your mouth. Return to the starting position and repeat the movement on the opposite side.

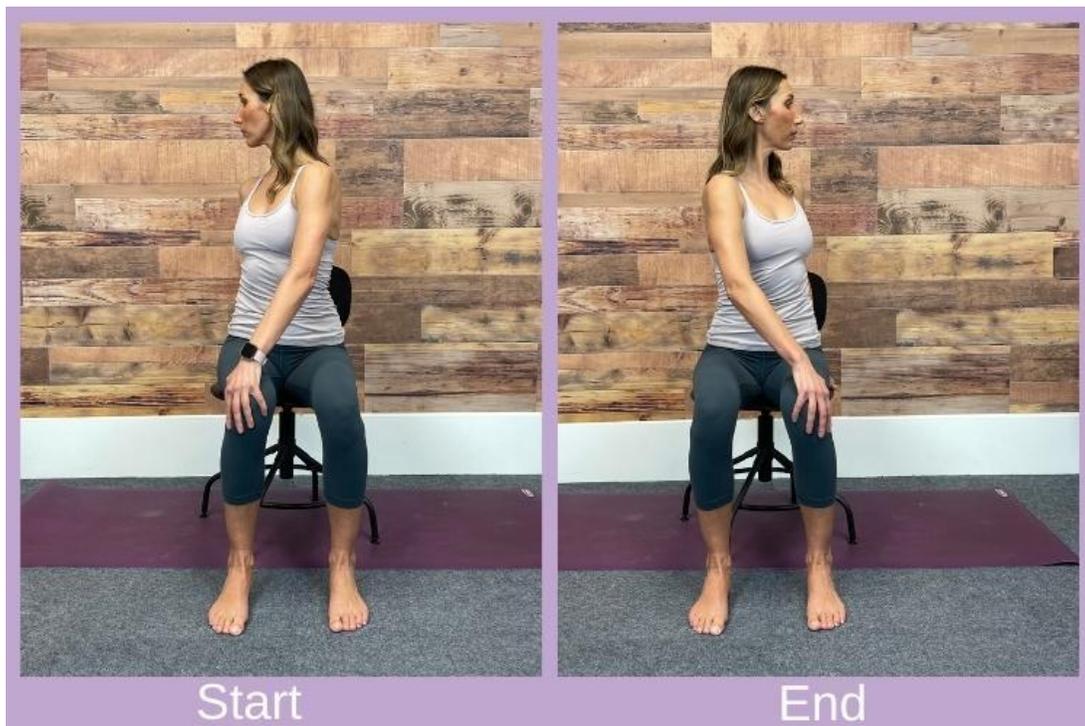


**Side Bends**

## 10 Seated Yoga Poses to Make Your Body Fall-Proof

### #6 – Spinal Twists

Begin in an upright sitting position on the front of a chair with your feet flat on the floor, maintaining good alignment with your head, shoulders and hips. Place one hand on your opposite knee. Contract your core and twist your upper body to the side. Reach back with your opposite hand and hold the back of the chair for support if needed. Hold this position for several deep belly breaths, in through your nose and out through your mouth. Return to the starting position and repeat the movement on the opposite side.



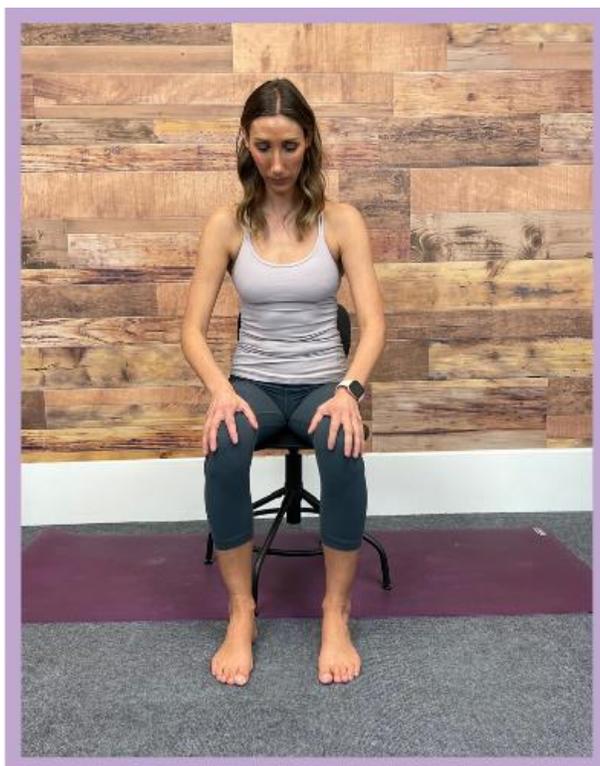
**Spinal Twists**

## 10 Seated Yoga Poses to Make Your Body Fall-Proof

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### #7 – Find Focal Points

Begin in an upright sitting position on the front of a chair with your feet flat on the floor, maintaining good alignment with your head, shoulders and hips. Place your hands on your knees and engage your core. Find an object in front of you that is not moving and focus your gaze on it. Hold this position for several deep belly breaths, in through your nose and out through your mouth. Relax and repeat the movement, focusing on a different object.



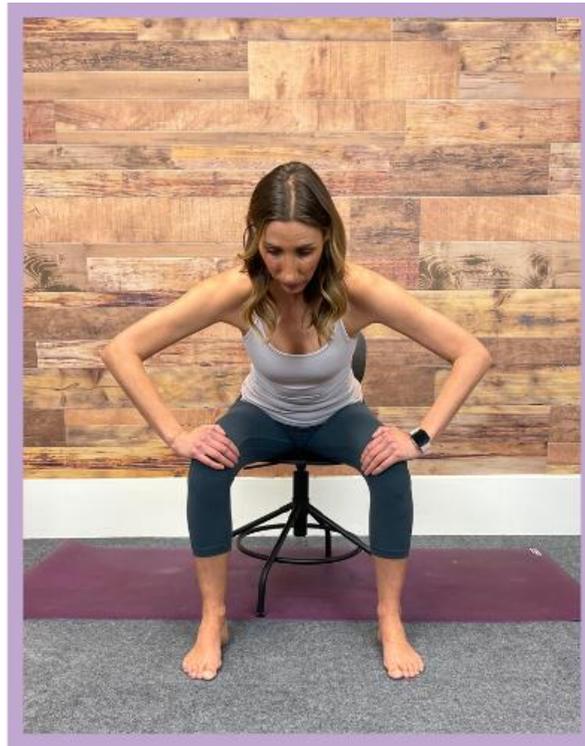
**Find Focal Points**

## 10 Seated Yoga Poses to Make Your Body Fall-Proof

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### #8 – Forward Fold

Begin in an upright sitting position on the front of a chair with your feet slightly wider than shoulder-width apart, maintaining good alignment in your upper body. Place your hands on your knees, opening your elbows out to the sides. Contract your core and hinge through your hips to bend your upper body forward as far as you can comfortably go, keeping your back flat. Hold this position for several deep belly breaths, in through your nose and out through your mouth. Relax and return to the starting position.



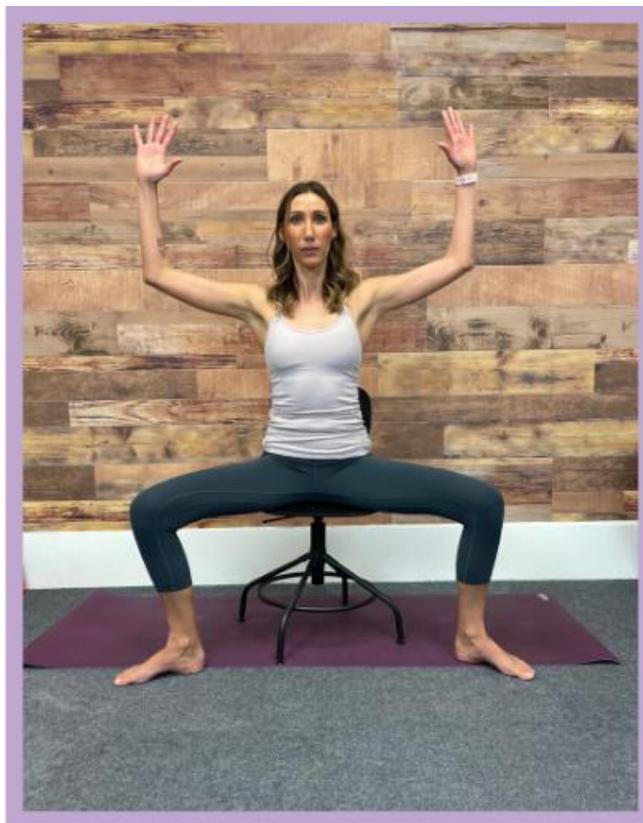
**Forward Fold**

## 10 Seated Yoga Poses to Make Your Body Fall-Proof

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### #9 – Seated Goddess Pose

Begin in an upright sitting position on the front of a chair with your feet considerably wider than shoulder-width apart, pointing your toes outward as far as they can comfortably go. Pull your knees back as wide as you can and shift your hips back. Raise your arms out at your sides at shoulder-height with both elbows bent at 90-degree angles and your palms facing outward. Contract your core. Looking for a stretch through the chest and front of the shoulders, pull your arms back to squeeze your shoulder blades together. Hold this position for several deep belly breaths, in through your nose and out through your mouth. Relax and return to the starting position.



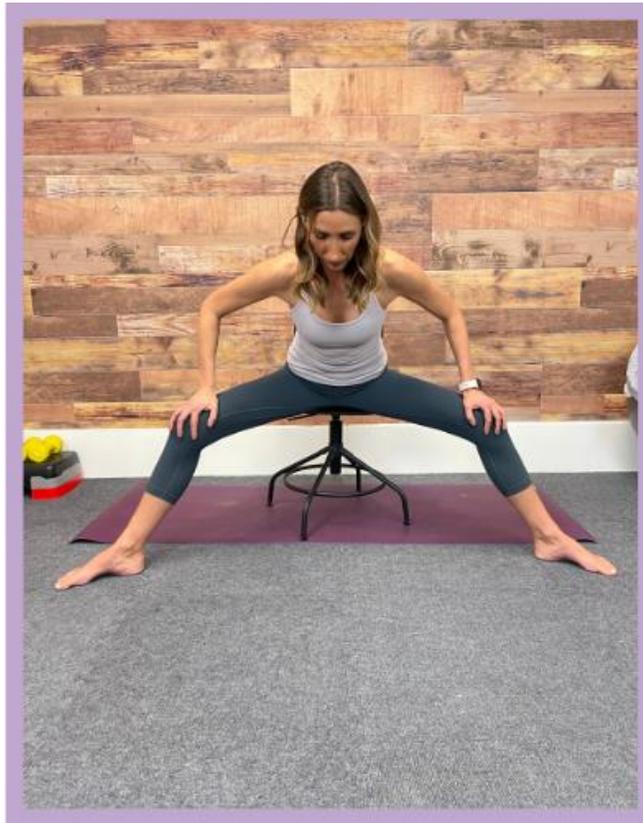
**Seated Goddess Pose**

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### #10 – Wide Legged Forward Fold

Begin in an upright sitting position on the front of a chair with your feet considerably wider than shoulder-width apart and your toes pointing outward. Maintain good alignment in your upper body. Place your hands on your knees. Contract your core and hinge through your hips to bend your upper body forward as far as you can comfortably go, keeping your back flat. Hold this position for several deep belly breaths, in through your nose and out through your mouth. Relax and return to the starting position.



**Wide Legged Forward Fold**

### About Gentle Stretching

#### **Gentle Stretching – Creating healthy balance between mind, body, and soul**

At Gentle Stretching (GS), we believe that the connection between mind, body, and soul simply cannot be ignored. We understand that impactful exercise does not need to be strenuous, jarring, and painful, and that a relaxed and peaceful mindset plays a significant role in overall health. Our programs are based on years of research and creativity and have proven effective for people of all ages and abilities. We are dedicated to helping individuals along their journey to wellness by creating trusted programs designed to improve both physical and mental well-being.

Today, the Gentle Stretching (GS) team is comprised of health and wellness experts from around the world. We help hundreds of thousands of people each year live fuller, healthier, and happier lives by addressing all areas of personal well-being.

Access our [FREE](#) library of health & wellness resources online at:  
[GentleStretching.net](http://GentleStretching.net)