

Five Health Benefits of Chair Yoga



Chair yoga is the perfect activity to add to your daily routine. This gentle form of stationary yoga can provide you with a rewarding workout. Not only is it fun, but it is also beneficial for your health in many ways. Discover the five health benefits of chair yoga below.

1. Gain strength

As we age, our joints and muscles gradually start to weaken. With regular practice, chair yoga is a great way to strengthen your body. In each yoga pose, you are working your muscles to hold and complete the pose. Increase in strength can lead to improved balance, which can reduce your risk of falls.

2. Increase flexibility

Flexibility does naturally decrease with age, but with continued practice, you won't lose it! Chair yoga can help improve your current flexibility and maintain it, while making everyday activities much easier on the body and improving your mobility.

3. Reduce stress

Chair yoga provides more than just physical health benefits; it's great for your mental health, too! Yoga itself is a form of meditation and provides relaxation. Mindfulness is a big part of yoga. By focusing on your movements, breathing, and your body, you create a form of meditation. This meditation promotes relaxation while reducing stress. This can also lead to improving your mood.



4. Sense of community

Participating in chair yoga with others can provide a sense of community. A group setting can help you meet and bond with new friends or neighbors. With a yoga class, you may find inspiration and motivation in those around you. You become part of a community!

5. Better sleep

Having a regular exercise routine is often associated with improved sleep. With the reduction of stress and muscle exertion that comes with chair yoga, regular practice can result in a better night's sleep. It is also good to note that with your flexibility increasing, body discomfort may decrease, leading to less tossing and turning!

