

RANJANA YOGA CLASS

Yoga for Seniors

A Beginner's Guide (Doctor First)

Gentle, supported practice for later years,
with balance and fall-safety in mind

By Ranjana Sinha | ranjanayogaclass.com

General education only. Not medical advice. Speak with your doctor before starting any new practice.

Contents

#	Section
1	What senior-friendly yoga is
2	Before you begin: safety first
3	Safe basics
4	Poses to avoid unless your doctor agrees
5	A 15-minute chair routine
6	Your four-week plan
7	Choosing a class or teacher
8	Practising at home
9	Honest expectations
10	Common mistakes and fixes
11	Questions people ask
12	A pre-session checklist
13	Your first week, day by day
14	Glossary
15	Practice log

1. What senior-friendly yoga is

Yoga can be adapted for older adults using chairs, walls and props. Gentle movement, breathing and balance practice are common themes.

Staying active matters at every age. Safety matters more as balance, bone strength, blood pressure and joints change. A doctor check and a qualified teacher make a real difference.

The short answer

Choose a gentle class or chair yoga, use a chair or wall for balance, move slowly, and never push into pain. Check with your doctor first, especially for heart, bone, balance or blood pressure concerns.

2. Before you begin: safety first

General education only. Check with your doctor first if you are pregnant, have high blood pressure, a heart, lung, joint or spine condition, osteoporosis, an eye condition such as glaucoma, or have had recent surgery or injury.

Stop and rest if you feel:

- sharp, pinching or burning pain (a mild stretch is fine, pain is a stop sign);
- dizziness, nausea or breathlessness;
- numbness or tingling, or pressure in the head or neck.

Doctor first

Talk to your doctor before starting, especially if you have osteoporosis, joint replacements, heart disease, high or low blood pressure, balance problems, eye pressure problems or take medicines that cause dizziness.

Stop and get medical advice if you notice:

- dizziness, chest pain or shortness of breath;
- a fall or a new joint pain;
- numbness or sudden weakness (seek emergency care).

3. Safe basics

Practice	Safety note
Chair yoga	Use a stable chair without wheels.
Mountain pose near a wall	Hold the wall or chair for balance.
Seated cat and cow	Small, slow movements.
Gentle ankle and knee lifts	Helps leg circulation.
Slow breathing	No breath holds.
Final rest, with support	Rise slowly to avoid dizziness.

4. Poses to avoid unless your doctor agrees

Pose	Why
Deep forward folds and strong twists	Risk for bones and spine with osteoporosis.
Headstand and shoulderstand	Risk to the neck.
Hot yoga	Heat and dehydration risks.
Fast flows	Fall and strain risk.

Ask your doctor or physiotherapist for a personal list.

5. A 15-minute chair routine

Time	Practice	Notes
2 min	Seated mountain, slow breathing	Relax.
3 min	Neck and shoulder rolls	Small.
3 min	Seated cat and cow and twist	Gentle.
3 min	Standing near a chair: heel raises, weight shifts	Hold on.
4 min	Seated rest	Breathe.

6. Your four-week plan

Week	Focus	Length	What to notice
1	Seated mountain and breathing	8 min	Are you comfortable?
2	Add shoulder and spine movements	12 min	Any pain?
3	Add standing balance with support	15 min	Steady?
4	Practise 3 times a week	15 min	Keep your doctor informed.

7. Choosing a class or teacher

Look for senior or chair yoga classes with a teacher trained in older-adult needs, small groups and props.

- Tell the teacher about your condition, medicines, injuries and pregnancy before class.
- Ask about their training for your situation.
- Avoid anyone who says yoga can replace your treatment.

8. Practising at home

At home, use a firm chair, non-slip floor, and a helper nearby if you feel unsteady.

9. Honest expectations

Gentle movement can support strength, balance and confidence for many older adults. It does not treat disease. Falls prevention programmes and medical advice are also important.

10. Common mistakes and fixes

Mistake	Fix
Rushing	Move slowly.
Skipping the doctor	Check first.
Standing without support	Use a wall or chair.
Pushing a stretch	Mild only.
Rising quickly after rest	Pause, then stand.

11. Questions people ask

Is yoga safe for seniors?

Gentle, adapted yoga is suitable for many, with a doctor check and a trained teacher.

Can yoga prevent falls?

Balance practice may help some people, but it is not a guarantee.

Do I need to get on the floor?

No. Chair yoga is just as valid.

How often?

Two to three times a week is a good start.

12. A pre-session checklist

- Have I eaten lightly, at least two hours ago, and had some water?
- Is my space clear, warm and free from interruptions?
- Do I know what I will practise, and how long I have?
- Is there anything in my body today (pain, tiredness, illness) that means I should do less?
- Do I know my stop signs: sharp pain, dizziness, breathlessness?

Running through these five questions takes less than a minute and prevents most beginner problems.

13. Your first week, day by day

Day	Suggestion
1	Read this guide. Try just the warm-up and the final rest.
2	Rest, or a five-minute walk.
3	Repeat day 1 and add one new pose or step.
4	Rest.
5	Practise a short version. Notice how you feel afterwards.
6	Write a few lines in the practice log.
7	Rest. Plan next week from what you noticed.

Three short sessions a week are a good start. Regular, gentle practice builds confidence, and rest days let the body adapt.

14. Glossary

Term	Plain meaning
Osteoporosis	Weakened bones.
Balance	Steadiness when standing or moving.
Chair yoga	Yoga adapted to a chair.

Reminder

This guide is general education and not medical advice. It does not diagnose, treat or cure any condition. If you have a health concern, speak with your doctor before starting a new practice.

Practice log

Print this page and keep a short record. Notes help you see patterns over time.

Day	Minutes	Session notes	How it felt	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				