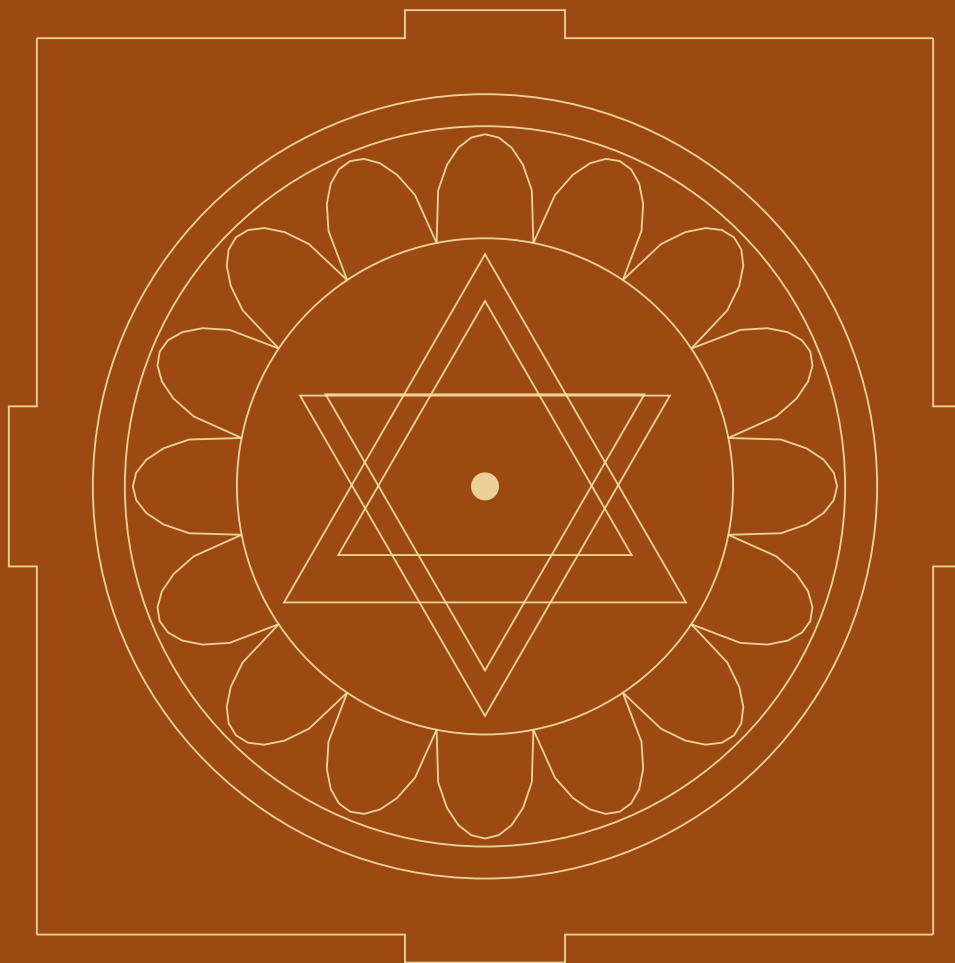


PRACTICE

# From Chair to Mat — 8 Weeks

*Gently from seated practice to standing with support, then to the mat, with safe ways  
down to the floor and back up*



योग

*yoga*

YOGIDE

Free sample

For the personal use of the buyer; sharing or reselling is not allowed. This book informs and does not replace a qualified



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teacher or medical advice. Questions: [administration@lacangel.fr](mailto:administration@lacangel.fr)

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# Before you begin

This book is the next step after chair yoga. You have been practising on a chair, perhaps with Chair Yoga for Seniors — 28 Days, perhaps in a class at a community centre. You feel steadier. And a wish has appeared: to stand a little more, to lie down on a mat again, to get down to the floor and up again without fear.

In eight weeks, this book takes you there, one step at a time. The chair stays with you all the way. It is your support when you stand, your handrail when you go down to the floor and your stepping stone when you come back up. Nothing is rushed. If a step does not feel right, you stay where you are for another week, or two. And if the floor is not for you, the chair remains a complete practice: a posture done on a chair is still a posture.

The book rests on four promises.

**First, safety comes before everything.** Chapter 2 explains who should not move on to the floor, or only with professional help, and the precautions for each condition. Every exercise that carries a risk says what to avoid, and most give a gentler version.

**Second, every step is prepared.** You learn to stand with support before balancing, to kneel before going on all fours, to get down to the floor before lying on it, and to get up before you need to.

**Third, what we say about benefits is sourced.** Chapter 12 describes real studies, each checked on PubMed, listed in full at the end with their DOI and PubMed number. Where the evidence is weak, we say so.

**Fourth, this is not medical advice.** A book cannot examine you.

## Talk to your doctor or physiotherapist before you start

if you have a heart or lung condition, high or low blood pressure, dizziness or fainting, a fall in the past year, osteoporosis, a hip or knee replacement, back or neck problems, recent surgery of any kind, or if you are unsure. Show them this book, especially Chapters 2 and 7. In an emergency, call your local emergency number: 911 in the United States and Canada, 999 or 112 in the United Kingdom, 112 in the European Union and in India.

## Who this book is for

- People who have practised chair yoga regularly for at least a month and feel ready for a little more.
- Older adults who want to keep, or regain, the ability to get down to the floor and back up: to play with grandchildren, to garden, to get up after a fall.
- People returning to movement after an illness or a long break, with their doctor's agreement.
- Anyone who finds a standard yoga class on the floor too fast, and wants to arrive there gently.

## How this book is laid out

The sentences are short and the steps are numbered. Each exercise gives, as needed:

- **Starting position:** how to sit or stand before you begin.
- **Steps:** numbered, one movement per step.
- **How many:** breaths or repetitions.
- **Avoid:** what not to do, and who should skip it.
- **Gentler version:** an easier way, for tired days or stiff joints.

This book numbers its own exercises from 1 to 28. When an exercise comes from Chair Yoga for Seniors — 28 Days, we also give its number there: "chair exercise 26" means exercise 26 of that book (sit to stand). You do not need that book to follow this one; each exercise you need is described here.

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# Chapter 1. Why go from the chair to the mat, and why you do not have to

## Chair yoga is already yoga

Let us say it first: if you never leave the chair, you have lost nothing essential. Patañjali's only definition of posture is "sthirasukham āsanam": the posture is steady and comfortable (Yoga Sūtra 2.46, our translation). A good seat on a chair is steady and comfortable. The breath on a chair is the breath. The silence at the end of a session on a chair is the same silence.

The Haṭha Yoga Pradīpikā, a fifteenth-century manual of the hatha tradition, says: "Whether young, old or very old, sick or weak, one who practises tirelessly attains success in all the yogas" (1.67 in the edition followed by our books, our translation). The text does not ask for a mat. It asks for practice.

## Why the floor is still worth it

There are good reasons to want the floor.

**Getting up from the floor is a skill for life.** A study followed 110 people aged over 90, mostly in Cambridge, for a year. Of those who fell, 80 % were unable to get up without help after at least one fall, and 30 % lay on the floor for an hour or more; lying on the floor for a long time was strongly associated with serious injury and hospital admission. The authors concluded that "people need training in strategies to get up from the floor" (Fleming and Brayne, 2008). Chapter 7 of this book is that training, practised slowly, on purpose, while you are well.

**Lying down allows a deeper rest.** Śavāsana, the corpse pose, is described in the Haṭha Yoga Pradīpikā as lying flat on the ground like a corpse; the text says it removes fatigue and gives rest to the mind (1.34 in the edition followed by our books). It can be done in a bed or on a sofa too, but a firm, flat surface lets the back release in a way a chair cannot.

**Some postures need the floor.** Knees to chest, the bridge, the lying twist, the child's pose: gentle postures that ease the back, open the hips and calm the breath.

**Moving between levels trains the legs and balance.** Every trip from standing to the floor and back is a sequence of squats, lunges and pushes. Exercise programmes, above all those built on balance and functional exercises, reduce the rate of falls in older people living at home (Sherrington and colleagues, 2019; see Chapter 12). This book itself has not been tested in a trial.

## When the chair is the better choice

Stay on the chair, or ask a physiotherapist to help you, if:

- your doctor has advised you not to kneel or get down to the floor;

- you have had a hip replacement and your surgeon's precautions forbid deep bending or kneeling (Chapter 2);
- you cannot yet stand up from a chair five times in a row, even with a light push of the hands (Chapter 4);
- you have fallen in the last three months and have not yet been assessed;
- you feel dizzy when you stand up.

None of these is a failure. You can keep everything in this book that happens on or beside the chair, which is more than half of it.

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# End of the sample

Thank you for reading this far. We hope these first pages already help your practice, and that they show how the rest of the book is built: clear steps, texts quoted with their source, nothing invented.

**The full book has 36 pages.**

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One-time payment, instant PDF.