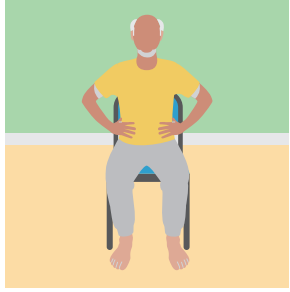


Lifeline

The Ultimate Guide to Yoga for Seniors

Tips to strengthen your body and mind to prevent falls.

12 Chair Yoga poses for older adults



1. Ujjayi Breathing

A great starter pose: Sit up tall at the edge of your seat and place your hands on your waist. Take a deep breath in through the nose, expanding through your sides and abdomen, then exhale slowly. Repeat for 10 breaths.



2. Cat/Cow

This pose helps to relieve back and neck tension. Inhale and arch your back to look up at the ceiling. Exhale, pulling your abdominals in and rounding your back as you bend forward. Repeat this 5 times.



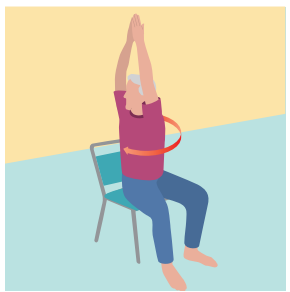
3. Circles

To release and relax the hip muscles, circle your hips clockwise 5 times while seated without moving your upper body, then counterclockwise 5 times.



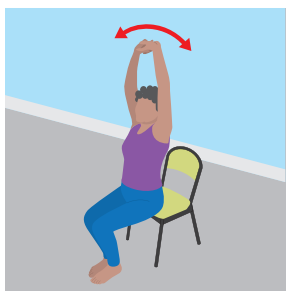
4. Sun Salutation Arms

Lengthens the spine, releases tension in the shoulders and neck. Sitting tall, breathe in and lift your arms up, pressing your palms overhead. On an exhale, float the arms back down to your sides. Repeat 5 times.



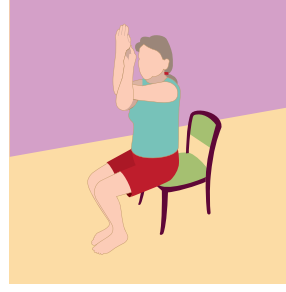
5. Sun Salutations with Twists

Repeat the previous exercise, adding a twist as you exhale. Repeat 5 times on each side, holding the last twist for 5 seconds.



6. High Altar Side Leans

Stretches spine and shoulders. Lift your arms and interlace your fingers in front of you. Turn your palms to the ceiling as you straighten your arms above your head. Lean to the right for 3 breaths, then to the left for 3 more.



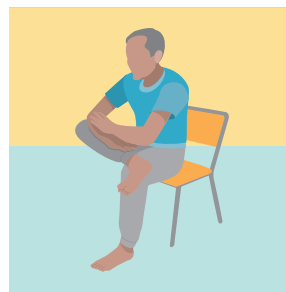
7. Eagle Arms

Banishes shoulder aches. Stretch your arms out to each side, bring one arm under the other at shoulder height and bend your arms at the elbows with palms together. Hold for 5 breaths, unwind and repeat with opposite arms.



8. Assisted Neck Stretches

The neck is a major stress area. Take your right arm and drape it over your head until your palm reaches your left ear. Let your head fall to your right shoulder, and hold for 5 breaths. Repeat on the opposite side.



9. Ankle to Knee

The hip area is also a stress spot. To loosen things up, sit up straight, bend your right knee and place your right ankle over your left knee. For a deeper stretch, lean forward. Hold for 5 breaths, then repeat on the opposite side.



10. Goddess with a Twist

Another great hip stretch: Open legs wide and point toes out. Place your right arm inside your right leg, reaching for the floor. Lift your left arm toward the ceiling and look up to the palm. Hold for 5 breaths, then repeat on the opposite side.



11. Warrior 2

This gives you a full-body stretch. Sit tall at the edge of your seat. Bend your right knee to the side and stretch your left leg out behind you as you press your outer heel down. Hold for 5 breaths, then repeat on the opposite side.



12. Forward Fold

To finish, let blood flow to the brain. Sit tall and straight, then fold down over your legs, letting your head, neck and body hang limp. Hold for as long as you want before rolling back up to a sitting position.

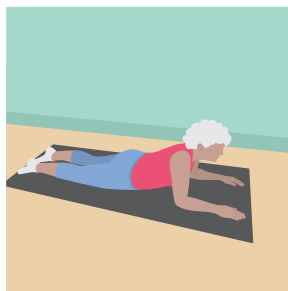
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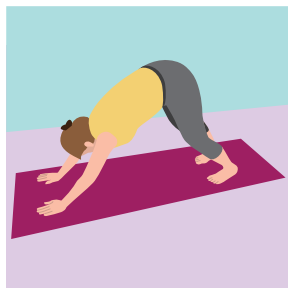
The Ultimate Guide to Yoga for Seniors

7 more gentle yoga poses



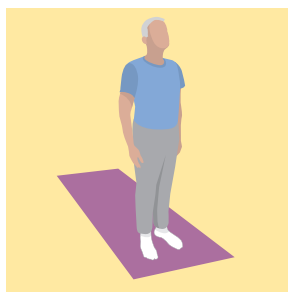
1. Sphinx

For upper back strength, lie on your stomach, forearms on the mat, elbows under your shoulders. Press firmly into your arms and draw your shoulder blades together and down your back. Lift your abdominals in and up and stay for 5 to 8 breaths.



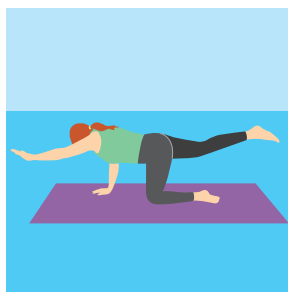
2. Downward Facing Dog

Great for joint health, flexibility and body strength. Start on your hands and knees and lift your hips up and back. Use your core strength and legs to bring the weight back as much as possible. Stay for 5 to 8 breaths and repeat 2 more times.



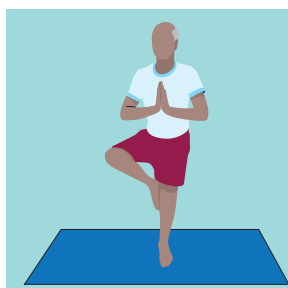
4. Mountain Pose

Helps with balance. Stand tall with your big toes touching and heels together. Draw your abdominals in and up and relax your shoulders down and back. Breathe 5 to 8 breaths.



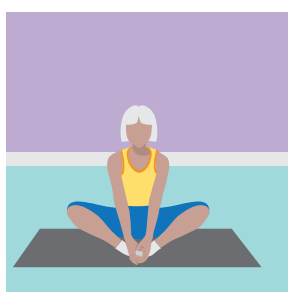
3. Bird Dog

Good for abdominals and back support. Kneel and stretch one arm forward and the opposite leg back. Keeping your back flat, draw your belly button towards your spine. Stay for a breath and then switch sides. Repeat 5 times.



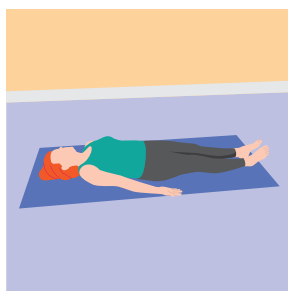
5. Tree Pose

Good for seniors for balance and concentration. Stand tall and place one foot on the opposite leg or with one toe touching the ground. Open the leg to the side, bring your hands to a prayer position and hold for 5 to 8 breaths.



6. Cobbler's Pose

Sit tall and bring the soles of the feet together as you open your knees out to the sides. Fold yourself forward but try to prevent rounding the lower back. Hold for 5 to 8 breaths.



7. Savasana

Savasana restores peace to the body and mind. Lie down and let the floor support you. Completely relax the muscles, breathe as you lie there and take a deep, restorative break.

The exercises suggested here do not substitute for a program provided by your healthcare professional. Be sure to consult with them before beginning any exercise program.

Stop if you experience any pain or discomfort while performing these poses.

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