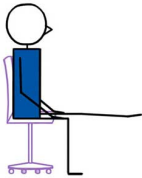


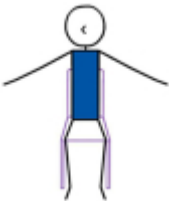
5 Minute Chair Yoga



Ankle Curl



Chair Arm Raise



Chair Arm Side Raise



Chair Backbend



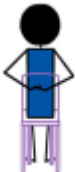
Chair Forward Bend I



Chair Arm Raise



Chair Backbend



**Chair Shoulder Stretch
III**



Chair Down Dog



Chair Grounding

Lesson Plan Description:

Below are six benefits of Chair Yoga for Seniors, People With Mobility Issues, and for People With Disabilities:

1. Improved Strength

You'll be better able to continue with hobbies and daily activities independently for many more years to come. If they are unlucky enough to suffer a fall or injury, a strong body will be able to withstand this better and sustain fewer injuries.

2. Improved Flexibility

Chair yoga can help those with mobility issues to undertake activities that they have perhaps been unable to, such as reaching down to tie shoelaces or pick things up.

3. Improved proprioception

Proprioception is the skill of knowing where your body is in space and coordinating your movements accurately. This is particularly important for elderly people and can prevent falls, and for people with disabilities or conditions such as MS.

4. Improved mental clarity

Chair yoga can lessen the impact of chronic illnesses and pain. For elderly people, it may also help them cope with feelings of isolation if this is a problem. Being calmer and more relaxed inevitably leads to a greater feeling of happiness and well-being.

5. Opportunities to socialize

Joining chair yoga classes for those with mobility issues and the elderly will also give them a venue to socialize and make friends.

6. Improved pain management

Chair yoga includes breath work, which can help people not only with stress management but also for coping and managing pain. Through meditation and paying attention to your breath, you can help your body and mind to cope with the pain of an illness or condition.

You can create lesson plans like this using the [Genie Lesson Planner](#)