




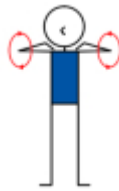














Yoga For Seniors: Embrace Healing & Build Resilience

 <p>Easy Chin To Chest</p>	 <p>Easy Head Turn</p>	 <p>Easy Ear To Shoulder I</p>	 <p>Easy Twist</p>	 <p>Easy Side Bend</p>	 <p>Shoulder Rotations</p>
 <p>Single Leg Stand</p>	 <p>Mountain Palm Lock</p>	 <p>Half Way Lift</p>	 <p>Chair Arms Behind</p>	 <p>Standing Fold Knees Bent II</p>	 <p>Downward Facing Dog Knees Bent</p>
 <p>Gentle Lunge</p>	 <p>Warrior II</p>	 <p>Standing Backbend</p>	 <p>Standing Crescent</p>	 <p>Knees To Chest</p>	 <p>Savasana On Bolster I</p>

Lesson Plan Description:

Aims:

To enhance overall physical well-being and promote relaxation through a gentle yoga practice tailored for seniors.

To foster a mindful and compassionate approach to managing physical limitations and aging.

Objectives:

Improve Flexibility: Use poses like Easy Side Bend Pose and Ear to Shoulder Pose to increase range of motion and reduce stiffness.

Enhance Balance and Stability: Incorporate Single Leg Stand Pose to build balance and prevent falls.

Strengthen Key Muscle Groups: Engage in Warrior II Pose and Mountain Pose to develop strength in the legs and core.

Promote Relaxation: End with Savasana to encourage full-body relaxation and stress relief.

Support Joint Health: Perform gentle movements like Shoulder Rotations Pose to maintain joint flexibility and reduce tension.