




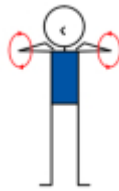










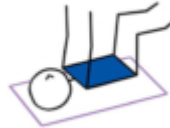



Yoga For Seniors: Cure What Need Not Be Endured & Endure What Cannot Be Cured

 <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>Dead Bug</p>	 <p>Knees To Chest</p>



Savasana On Bolster I

Lesson Plan Description:

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Focus on the meaning of this quote during this yoga session.

“Yoga teaches us to cure what need not be endured and endure what cannot be cured.”

Can Yoga increase my strength?

Yes. Elderly people will 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.

Can Yoga combat stress and fatigue?-

Yes. Studies have shown that yoga can be extremely helpful when it comes to combating stress, fatigue and pain. Yoga poses increase core strength and balance, which reduces the risk of fall-related injuries. Yoga can help seniors feel younger and stronger. Adults lose about a half-pound (200 grams) of muscle per year for each year they're not regularly engaged in resistance training.

Can Yoga keep my bones and muscles strong?-

Yes. Yoga is ideal strength/resistance training for seniors to help keep bones and muscles strong.

Can Yoga increase my flexibility?-

Yes. Yoga can help those with mobility issues to undertake activities that they have perhaps been unable to, such as reaching down to tie shoe laces or pick things up.

Can Yoga increase my coordination?-

Yes. Yoga helps with 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.

Can Yoga improve my mental clarity?-

Yes. 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.

Can Yoga help with loneliness?-

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

Can Yoga help me cope with and manage pain?-

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