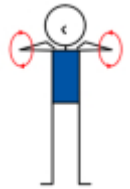
Yoga For Seniors: Embrace Healing & Build Resilience

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

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.

You can create lesson plans like this using the Genie Lesson Planner