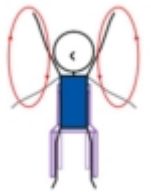
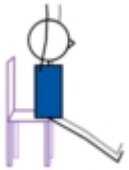
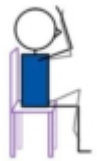
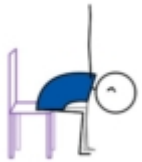
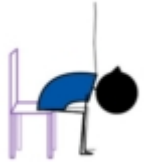
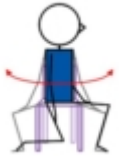
Chair Yoga For Seniors

 **Chair Heart Centre**	 **Chair Up Dog**	 **Chair Air Pushup**	 **Chair Side Bend I**	 **Chair Arm Circles**	 **Chair Ankle Curl**
 **Chair Down Dog Arms Up**	 **Chair Eagle**	 **Chair Arms Heel Lift**	 **Chair Twist Fold Right**	 **Chair Twist Fold Left**	 **Chair Arms Up Toes Up**
 **Chair Blast Offs**	 **Chair Lunge I**	 **Chair Abdominal Breath**			

Lesson Plan Description:

This short sequence is beneficial for anyone who sits on a chair for long periods of time, for people with mobility issues, for the elderly, and for people with disabilities.

Benefits of Chair Yoga For Seniors

1. Improved Strength

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.

2. Improved Flexibility

Chair yoga can help those with mobility issues undertake activities that they have been unable to, such as reaching down to tie shoe laces 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 older adults 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 feeling of happiness and well-being.

5. Opportunities to socialise

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

6. Improved pain management

Chair yoga includes breath work, which can help people not only with stress management but also in 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