



CHAIR YOGA

WELLBEING PROGRAMS FOR SENIORS

Evidence-based Benefits of Yoga for Seniors

- Enhances "quality of life" through improved physical, emotional and intellectual wellbeing
- Improved balance, strength, and flexibility
- Greater self-awareness
- Helps prevent fall-injuries
- Relaxing, rejuvenating and re-energizing
- Reduces aches and pains including chronic pain
- Helps to reduce stress and anxiety
- Improved mental clarity
- Improved heart and lung functions
- Friendly social setting for meeting and connecting with other seniors
- Yoga can be helpful people with Parkinson's disease

Supporting mental, physical and emotional stimulation for seniors

What is chair yoga?

Chair yoga is a gentle practice suitable to ALL ABILITIES in which postures are performed while seated and/or with the aid of a chair.

Chair yoga classes typically target those with physical disabilities or aging men and women who find a typical yoga session too challenging.

Activities include:

- * Focus on breath awareness
- * Mindful movement
- * Guided relaxation
- * Suitable for all abilities and health conditions
- * Classes are held on chairs



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