

**Dear Yoginis,**

It has been my pleasure leading you in yoga practice at OLLI. As you have now heard, there will be no class next week. I will certainly miss our final face-to-face session, especially because I was going to teach about how to bring yoga into your daily life. I have provided that PowerPoint in a separate Course Download file on the OLLI website. Hope you can find some time to go through it.

If you'd like to continue with me in the community once health concerns have settled, please email me and I'll let you know where I teach. I'd also be glad to answer any questions you might have after our three weeks together.

Below please find the Breath techniques we covered last week, and also some additional resources that were not included on the initial Resource List in course downloads. I hope you will continue your Uplifting Chair Yoga practice to renew mind, body, and spirit!!

*Namasté,*

*Robin Goettel*

robinfans1@gmail.com

### **Beginning Breathing Technique and Alternate Nostril Breath**

<https://youtu.be/GUinqw6CRoI>



### **Humming Bee Breath**

<https://youtu.be/eZYOOCpMGk0>



### **Sitali Breath**

<https://youtu.be/IMDDNxynlts>



## **Additional Yoga Resources**

**Better Balance for Life: Banish the Fear of Falling with Simple Activities**, by Carol Clements, 2018.

**Breathe: The Simple, Revolutionary 14-day Program to Improve your Mental and Physical Health**, by Dr. Belisa Vranich, 2016.

**There Is No App for Happiness: Finding Joy and Meaning in the Digital Age with Mindfulness, Breathwork, and Yoga**, by Max Strom, 2016.

**Yoga for All of Us—A Modified Series of Traditional Poses for Any Age and Ability**, by Peggy Cappy, 2006.