

Dear 'Yogis' and 'Yoginis' (those who practice yoga),

It will be my pleasure leading you in yoga practice at OLLI. I will be glad to answer any questions you might have during our four weeks together.

Below, please find sample Breath Techniques we will cover in week three. Following this breathwork listing, you will find a Resource List if you'd like to explore yoga further. I hope you enjoy your Uplifting Chair Yoga practice to renew mind, body, and spirit!!

Namasté,

Robin Goettel

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Beginning Breathing Technique- Ujayii Breath and Alternate Nostril Breath

<https://youtu.be/GUinqw6CRoI>



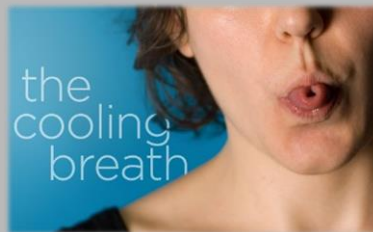
Humming Bee Breath

<https://youtu.be/WHoWDkqT3ok>



Sitali Breath

<https://youtu.be/IMDDNxynlts>



Lions Breath

<https://youtu.be/glfW-3faVOU>



Additional Yoga Resources

(compiled by Robin Goettel)

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.

The Healing Power of the Breath by Richard P. Brown, MD and Patrica L. Gerbarg, MD, (includes a CD with guided breathing techniques), 2012.

How we live our yoga: For teachers and practitioners on how yoga enriches, surprises, and heals us /personal stories, by Valerie Jeremijenko, ed., 2002.

Lifelong yoga: Maximizing your balance, flexibility, and core strength in your 50s, 60s and beyond, by Sage Hamilton Rountree, 2017.

Relax into Yoga for Seniors—A six-week program for strength, balance, flexibility and pain relief by Kimberly Carson, Oakland, CA: New Harbinger Publications, Inc., 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.

Yoga Journal's Yoga Basics--The Essential Beginner's Guide to Yoga for a Lifetime of Health and Fitness, by Maro Carrico, [Chapters 1-5 and Chapter 10] 1997.