**OLLI Chair Yoga Class Resources/Background—Robin Goettel, Instructor**

**Week 1: Introduction and Postural Alignment**

I enjoyed meeting you and teaching our first week's OLLI chair yoga class. I know that for many of you the postures are brand new, so please give it some time to become more familiar with the yoga poses and movements. And always remember to modify any of the postures to meet your needs.

 If you'd like to have a reminder of the Sitting Mountain Pose and good postural alignment that we will do in each class, please view these short YouTube videos.
Lakshmi Voelker:  <https://www.youtube.com/watch?v=xt5coq0qhMc>

Sherry Zak Morris: <https://www.youtube.com/watch?v=qoRC1xrAgQI&index=21&list=PLonNhQi8W22kcu_tNXDAsh07sQ5lVe53B>

**Week 2: Balance**

It was great to teach you about the importance of good balance in yoga and in life. Thank you for your wonderful questions during class. Always feel free to ask questions during class or afterward.

  You might find this article helpful: <http://www.yogajournal.com/article/practice-section/healing-breath/> Below are links to Lakshmi Voelker's balancing yoga posture (asana) and the brain switching movement demonstrated by Paula Montalvo. I'm also including titles of relevant resources. These can be checked out at the libraries in town.

**Lakshmi Voelker Balancing Yoga Posture-Tree Pose**
<https://www.youtube.com/watch?v=Jh0_VvtLpN0>

**Building Brain Cells, Paula Montalvo** [https://www.youtube.com/watch?v=Inuy8eQIgCk](https://www.youtube.com/watch?v=HytEcIPsxuU)

**Books***—*

***Sit and Be Fit--Easy Fitness for Seniors, with Balance Workouts***

**DVD by Mary Ann Wilson, RN     613.7044/SIT**

***Sit and Be Fit--Balance & Fall Prevention Workout***

**DVD** by **Mary Ann Wilson, RN     613.7/SIT**

***Easy Yoga--The Secret to Strength & Balance***

**DVD by Peggy Cappy, Registered Yoga Instructor  613.7046/EASY**

***How to Prevent Falls--Better Balance, Independence and Energy in 6 Simple Steps*, by Betty Perkins-Carpenter, 2006 613.0438PER**

**Y*oga Journal's Yoga Basics--The Essential Beginner's Guide to Yoga for a Lifetime of Health and Fitness,* by Mara Carrico [Chapters 1-5 and Chapter 10]** 1997 **613.7046 CAR**

 ***Keep Moving and Other Tips and Truths about Aging*, by Dick Van Dyke, 2015.   791.45/VAN**

**Week 3: Importance of the Breath and Yogic Breathing Techniques

Links to Descriptive Videos—**

**Conscious Breathing**<https://www.youtube.com/watch?v=t7WFq17NxWA>

**The Benefits of Deep Breathing (Looking at the physiology of deep breathing)-Dr. Oz- You Beauty YouTube site**
[https://www.youtube.com/watch?v=1WMt\_1jw47QB](https://www.youtube.com/watch?v=1WMt_1jw47Q)
 **Chair Yoga Class with Melanie-Being in the Moment with your Breath and Body**<https://www.youtube.com/watch?v=dT7yNNKb-Rs>
 **Ujjayi Breathing with Adriene**
<https://www.youtube.com/watch?v=IQrsJ-yZWV8>

**Alternate Nostril Breathing with Shawngela Pierce, Meditation Coach**
<https://www.youtube.com/watch?v=ISotAz59yYY>

**Humming Bee Breath (Bhramari Breath)**<https://www.youtube.com/watch?v=pbS7yv6GBmE>

**Weblink**

From the Chopra Center: *Breathing for Life: The Mind-Body Healing Benefits of Pranayama,**Sheila Patel, M.D.*[http://www.chopra.com/ccl/breathing-for-life-the-mind-body-healing-benefits-of-pranayama](http://www.chopra.com/ccl/breathing-for-life-the-mind-body-healing-benefits-of-pranayama%23sthash.v66zGffW.dpuf)

**Books**

*Breathe—Simple breathing techniques for a calmer, happier life,* by Jean Hall, 2016.

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

*The Power of Prana--Breathe your Way to Health and Vitality,* by Master Stephen Co and Eric B. Robins, MD, 2011.

*Yoga’s Healing Power,* by Ally Hamilton, 2016.

*Zen Yoga-A Path to Enlightenment through Breathing, Movement, and Meditation,* by Aaron Hoopes, 2007.

 -more-

**Week 4**: **Continuing Your Yoga Practice—Bringing Yoga Principles into Everyday Life
Weblinks10 Ways to Apply Yoga in Your Daily Life, by Sarah Beth Moore**[***https://www.peacefuldumpling.com/10-ways-apply-yoga-daily-life***](https://www.peacefuldumpling.com/10-ways-apply-yoga-daily-life)

**10 Easy Ways To Bring Yoga Into Your Life Every Day, by Karen Fabian**[**https://www.mindbodygreen.com/0-14868/10-easy-ways-to-bring-yoga-into-your-life-every-day.html**](https://www.mindbodygreen.com/0-14868/10-easy-ways-to-bring-yoga-into-your-life-every-day.html)

**Books**

**Brathen, Rachel, *Yoga Girl*, New York: Touchstone, 2015, 158 p.**

**Budig, Kathryn. *The Women's Health Big Book of Yoga: The essential guide to complete mind/body fitness*, Rodale, 2012, 408 p.

Carson, Kimberly. *Relax into Yoga for Seniors—A six-week program for strength, balance, flexibility and pain relief*, Oakland, CA: New Harbinger Publications, Inc., 2016, 244 pp.

Fishman, Loren. *Healing Yoga: Proven postures to treat twenty common ailments-- from backache to bone loss, shoulder pain to bunions, and more*, New York: W.W. Norton & Company, 2014, 256 p.

Folan, Lilias. *Lilias! Yoga Gets Better with Age,* Emmaus, PA : Rodale, 2005, 248 pp

Jeremijenko, Valerie, ed. *How we live our yoga: Teachers and practitioners on how yoga enriches, surprises, and heals us /personal stories*, Boston: Beacon Press, 2002, 195 p.**
**Klein, Melanie. *Yoga and Body Image: 25 personal stories about beauty, bravery & loving your body*, Woodbury, Minnesota: Llewellyn Publications, 2014, 265 p.

McCall, Timothy B. *Yoga as Medicine: The yogic prescription for health & healing--A yoga journal book,* New York: Bantam Books, 2007. 568 p.

Rountree, Sage Hamilton, *Lifelong yoga: Maximizing your balance, flexibility, and core strength in your 50s, 60s and beyond.* Berkeley, California: North Atlantic Books, 2017.**