

Uplifting Chair Yoga for Strength, Balance, and Emotional Wellness

Robin Goettel, Instructor

Mondays, 11:00-12:30 Feb 24-Mar 16, 2020

DESCRIPTION

Chair Yoga integrates body, mind, and spirit for those unable to do yoga on the mat. Practicing yoga helps improve flexibility, balance and strength, along with concentration and patience. Students will experience a calming atmosphere to help them de-stress and gain increased self-confidence.

This course creates a safe environment by:

- * Teaching proper ways to do a pose, based on individual challenges;
- * Expanding student awareness that every “body” is different;
- * Adapting to varied levels of flexibility; and
- * Offering modifications based on participants’ needs.

4-WEEK SYLLABUS

We will begin each class with a 15-minute lecture-discussion about important yoga principles. This will be in the form of PowerPoint presentations, Online Videos, and/or Demonstrations. This will be followed by chair yoga postures and flowing movements. There will be time at the end of each class for questions.

Week 1: Benefits of Yoga and Postural Alignment

Yoga offers physical and emotional health benefits. I will teach about specific postures and their benefits to specific muscle groups, along with a discussion of how the poses build stamina and endurance. I'll describe the importance of the foundational posture called Tadasana—Sitting Mountain Pose, as it relates to postural alignment and stabilized joints. I'll conclude with measures for practicing chair yoga safely, based on different physical and mental challenges.

Week 2: Balance

As we age, our balance and coordination can be hampered. By achieving greater balance in our bodies, we will feel more confident and balanced in our daily lives. I will discuss the many chair yoga postures, such as Tree Pose, that promote good balance and help one feel invigorated and refreshed. Balancing postures will help to lessen aches and pains of aging, while also improving mobility and circulation.

Week 3: Breath

Learning how to breathe properly is essential to an effective yoga practice. I will demonstrate six yogic breathing styles incorporated in chair yoga. Ujjayi is a warming breath that has a balancing influence on the entire cardiorespiratory system and soothes feelings of irritation and frustration. Sitali is a cooling breath that can help calm hunger and thirst; reduce fatigue, fever and high blood pressure; and cultivate a love for solitude. It also balances the endocrine system and builds vitality.

Week 4: Calming the Mind and Bringing Yoga Principles into Everyday Life

*The final class will offer ideas for students to continue their chair yoga practice, becoming more mindful and focused at home. I will teach best ways to integrate the yoga principles we have studied through review of what they have learned throughout the session. A key yoga principle will be re-emphasized: **The only place where we can be effective is in the only place where we can act—the here and now.***