

# **Uplifting Chair Yoga for Strength, Balance, and Emotional Wellness**

Instructor: Robin Goettel    March 2-23, Thursdays 10:30-12:00

## **Course Outline**

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 and to good health. 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; 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 students have learned throughout the session.