

Mindful Movement in a Chair for Good Health

Robin Goettel, OLLI Instructor

Fridays, 10:00-11:30 a.m.

March 29-April 19, 2024



Class Structure

- Simple Seated Yoga Stretches
- Lecture-Discussion
- Break (Re-orient chairs)
- Movement Practice of the Week
- Breath Practice
- Final Yoga Relaxation: Sivasana
- Q &A

ovement Practices Each Week

- Week One: Chair Yoga
- Week Two: Acupressure Technique--
Chinese Tapping (EFT)
- Week Three: Breath Practices for Energy
and Vitality
- Week Four: Sound Healing for Emotional
Health & Chair-based Dances for Joy

Inner peace comes when –
You relax your body
Quiet your mind &
Open your Heart.



What is YOGA?

- To yoke/bring together body, mind and spirit
- A body of techniques allowing us to connect to anything.
- A process of becoming more aware of who we are and how we feel.
- Doing a certain practice and then feeling its effects
 - If we breath slowly in a relaxed manner, we can slow our heart rate; if we focus the mind we can create mental peace

TRUE YOGA

IS NOT ABOUT THE SHAPE OF YOUR BODY
BUT THE SHAPE OF YOUR LIFE.

YOGA IS NOT TO BE PERFORMED

YOGA IS TO BE LIVED

YOGA DOESN'T CARE ABOUT WHAT YOU HAVE BEEN
YOGA CARES ABOUT THE PERSON YOU ARE BECOMING
YOGA IS DESIGNED FOR A VAST AND PROFOUND PURPOSE
AND FOR IT TO BE TRULY CALLED YOGA,
ITS ESSENCE MUST BE EMBODIED.

AADIL PALKHIVALA

Week 1: Benefits of Yoga and Postural Alignment

- Yoga offers physical and emotional health benefits.
- Learn how practicing yoga helps to improve balance, flexibility and strength, along with concentration and patience.

Week 1: Benefits of Yoga and Postural Alignment (cont'd)

- Healing system
- Strength, Awareness, Harmony in mind and body
- Relaxation techniques
- New coping skills
- Reaching a more positive outlook on life

Yoga
in Daily Life
Serves for Well being
of
Body, Mind
and Soul





BENEFITS OF YOGA

FOR BODY

- INCREASED CORE STRENGTH
- LOWERS BLOOD PRESSURE
- WEIGHT MANAGEMENT
- IMPROVED DIGESTION
- IMPROVED CIRCULATION
- BODY DETOXIFICATION
- PAIN AND TENSION RELIEF
- INCREASED FLEXIBILITY
- IMPROVED POSTURE
- INCREASED IMMUNITY

FOR MIND

- IMPROVED INTUITION
- INCREASED SELF-ACCEPTANCE
- IMPROVED CONCENTRATION
- NEUTRALIZED STRESS
- IMPROVED MEMORY
- INCREASES MENTAL AWARENESS
- FOCUS ON THE PRESENT
- INCREASED CONFIDENCE
- UNLOCKED ENERGY FLOW
- BALANCED BRAIN HEMISPHERES

YOGA MAKES YOU HAPPY!

Practicing Chair Yoga

- Become familiar with specific chair yoga postures and their benefits.
- Learn how the poses build stamina and endurance.
- Understand how to practice chair yoga safely, based on our various physical and mental challenges.

Safety While Engaging in Chair Yoga

- Everyone has physical and/or mental challenges
 - Osteoporosis
 - Arthritis
 - High Blood Pressure
 - Knee or Hip Replacement
 - Anxiety
- Help you make necessary modifications.
- * One size does not fit all.*
- Honor Your Body! Listen to what it tells you.

Proper Alignment and Balance is Key

- Center of gravity related to ischia
- Ischium forms the lower and back part of the hip bone
- When you sit, the weight of your body falls onto this part of the pelvis. (sitz bones)

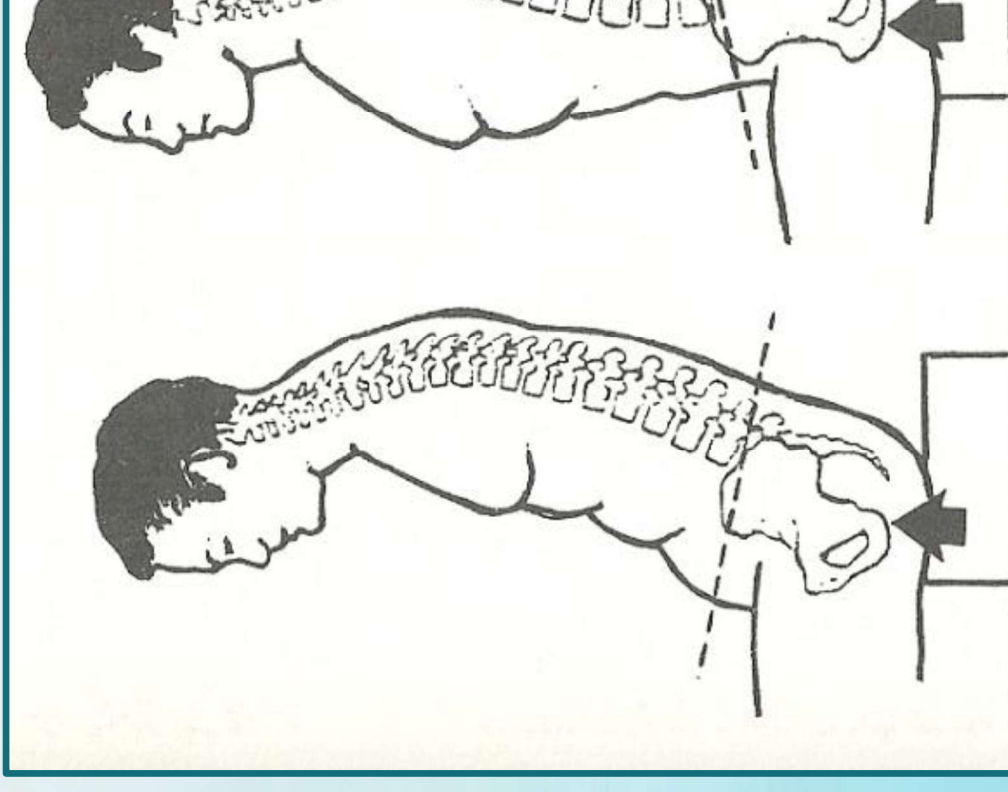


Figure 4.12. Two positions of the pelvis sitting. Sitting posture essentially depends relationship of the body's center of gravity ischia. Left, it is far posterior; right, it balanced over the ischial prominences.

Slumping vs. Proper Posture

Slumping actions → Can cause painful pinched disks, diminishing physical performance

Can lead to more serious complications

Solution: neutrality

Pelvis, trunk, head in optimal position to work effectively!!

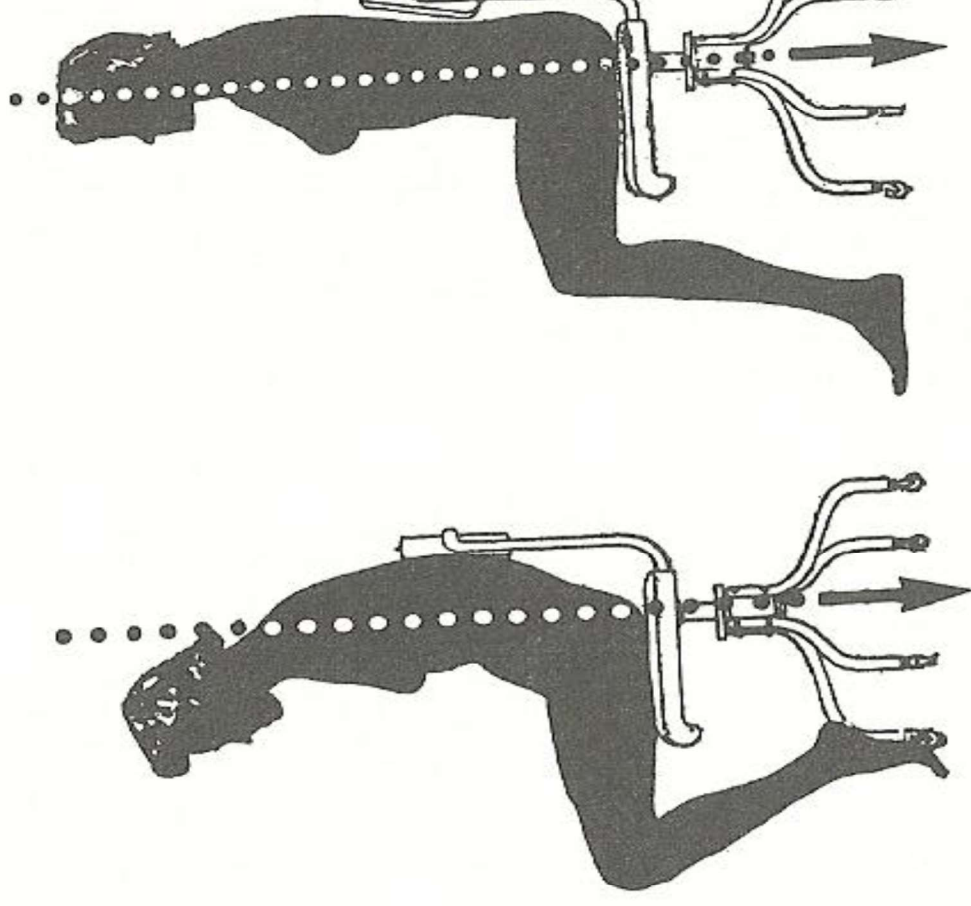


Figure 4.13. Left, a slumped sitting attitude is typical of balance-disturbing posture. Note the forward curvature of the spine compared with the properly balanced figure on the right.

Proper Posture/Alignment

- Strengthens Core
- Stabilizes Spine
- Creates a new awareness to adjust old habits while sitting or standing

Postural Alignment

Sitting Mountain Pose (Tadasana)

creates proper alignment and helps stabilize joints.

Values will be provided.



Lakshmi Voelker: Creator of Chair Yoga

Lakshmi Voelker Chair Yoga™ is designed to:

- Allow anyone who can sit on a chair to participate in this results-oriented form of fitness.
- Be accessible to all ages and fitness levels. Lakshmi has taken the amazing benefits of traditional yoga and reinvented them. She did this because, while traditional yoga has powerful health advantages, it is not universally accessible.

Visit www.getfitwhereyousit.com

Lakshmi Voelker Chair Yoga Demo



Chair Yoga

Lakshmi Voelker
Yoga Instructor



Balance



Mindfulness

Mindfulness means
paying attention
in a particular way; on purpose
in the present moment,
and nonjudgmentally.

~Jon Kabat-Zinn



InnerFlowWellness.com

Mindfulness

- Notice when you aren't present...and then bring yourself back.
- Even in activity, the mind can be still.
- Meditation: Taking your mind from the field of mental objects to the field of awareness itself.

Fostering Compassion for Yourself

- Recognize your own attributes worthy of compassion
- Become aware of and explore these personal qualities.
- Avoid judging yourself for not living up to a certain standard.
- Be kind to yourself and avoid being self critical.

Health Benefits of Yoga

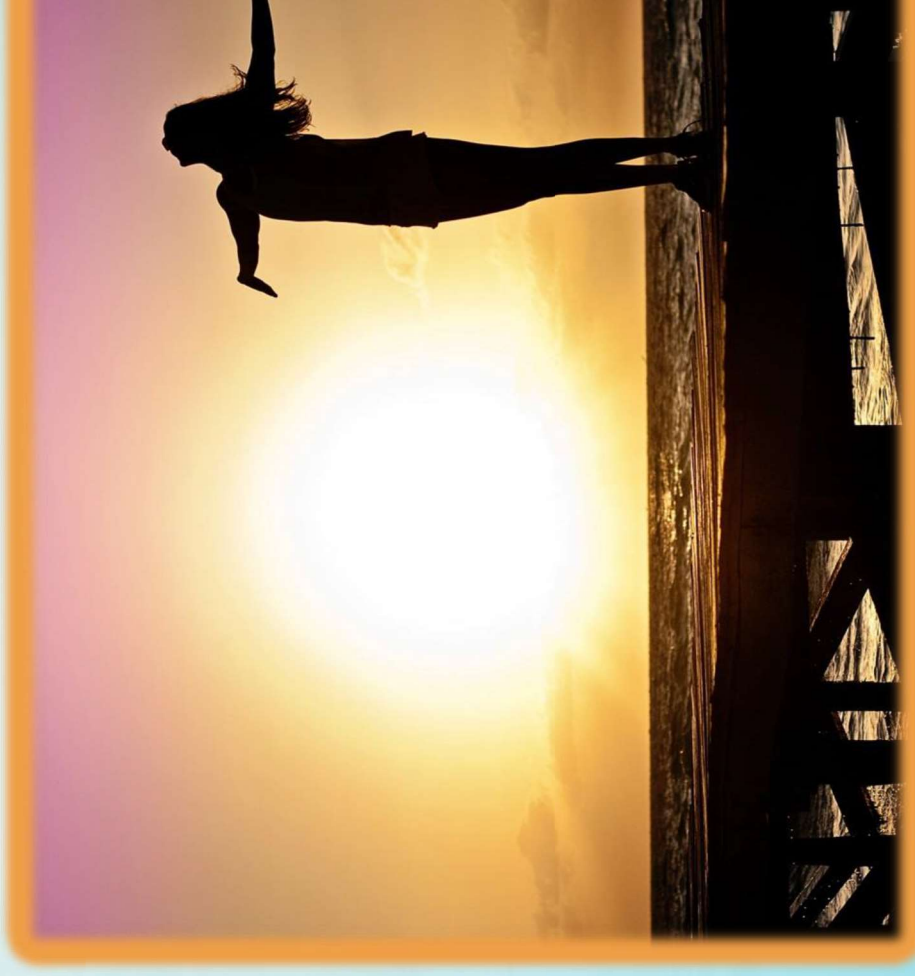
Increased flexibility

Improved energy

Management of stress

New coping skills

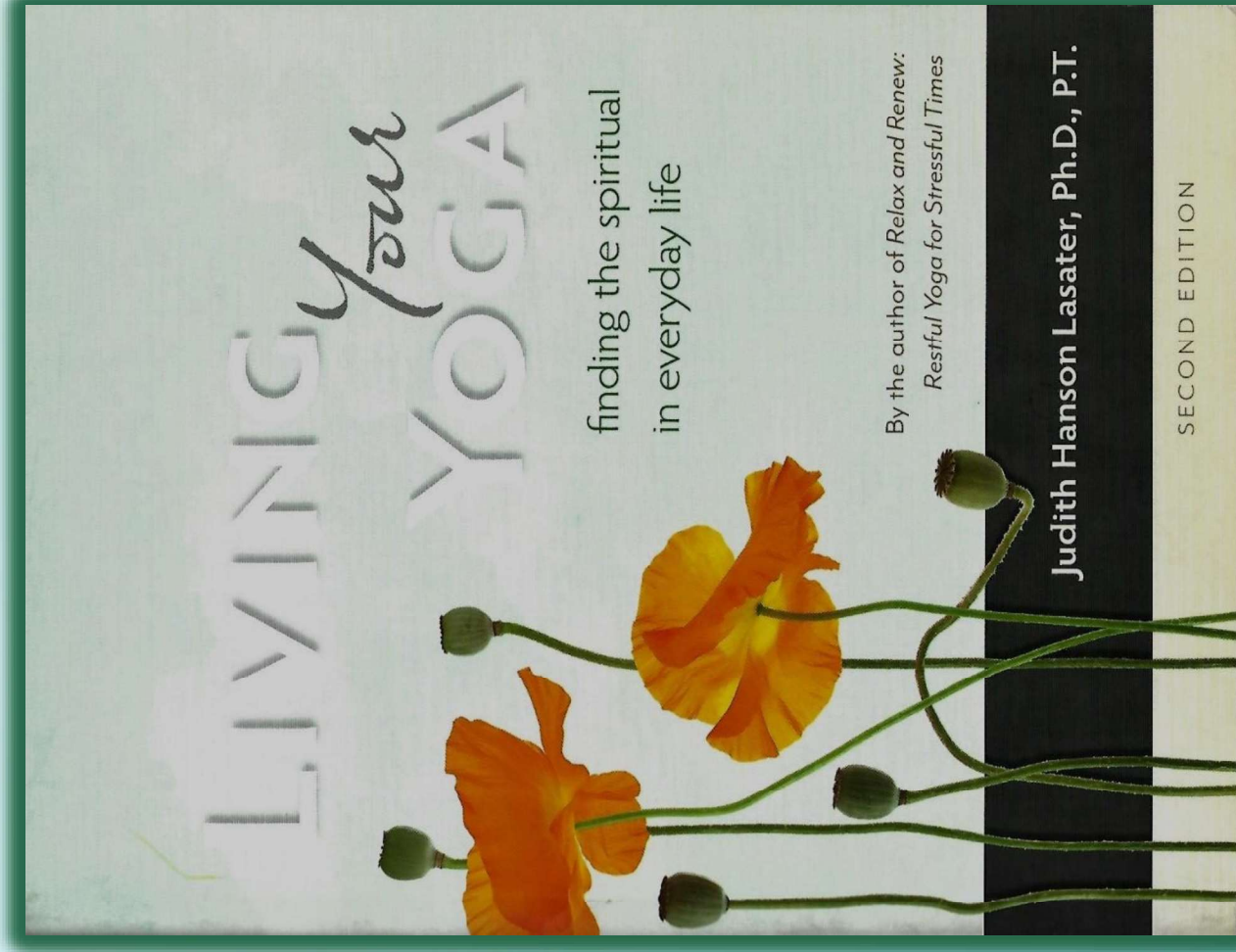
Reaching a more positive outlook on life



*“The real power of yoga
unleashed only when we
engage yoga as a way of
twenty-four hours a day.
Every single yoga technique
is a tool for discovering
abiding happiness of the
ultimate Self.”*

–Georg Feuerstein, PhD

Director of Yoga Research and Education Ce



Thank You
for Joining Me
on Your
Mindful Movement
Journey!

