

Yoga for Seniors

The problems facing today's seniors are not much different than aging in the past. Nature's life cycle's do not change, but mental attitudes can. A regular yoga practice will add more energy, vitality, and compassion to your life and your beloveds.

Without a doubt, yoga is one of the best habits a mature man or woman can acquire for graceful aging. Yoga enhances flexibility, balance and strengthens muscles. The mindful breath and the relaxation techniques will help lower high blood pressure, expand lung capacity and aide in disruptive sleep patterns. These postures are only a starting place for a practice to refresh your body and your mind. You're as young as you feel.



Seniors who practice yoga are often in much better shape than sedentary people who are decades younger. Just because someone's in a senior body, doesn't mean they can't do physically challenging yoga poses, it's all in the mind ... but we start you out with a gentle series of postures to stretch any body. And if you're not a senior yet - or even close - you can use these beginner's exercises to start your yoga practice today that can last into your golden years. And if you're not a senior yet - or even close - you can use these beginner's exercises to start your yoga practice today that can last into your golden years.

Breathing Awareness

Lie on your back with your legs higher than your heart. Be sure your knees are supported. Feel your lower back long and resting against the floor. Relax your arms by your sides, palms face up. Wiggle your shoulders away from your ears and close your eyes. Bring your attention to your breath. Inhale through your nose and exhale through your mouth whispering the sound “ahh”. Experience relief by being still, awake and relaxed. Eventually begin to inhale and exhale through your nose. Try to practice this every day for ten minutes.



Knees Towards Chest

Slide your right leg off the couch and rest both hands on your right shin. Focus on your breath and observe the natural pull of gravity as your right leg softens toward your chest. Do not force or rush.

Ten steady breaths and then start again with your left leg.



Hip Opener

Cross your outer right ankle in front of your left knee. Gently press the inner right knee away from your right shoulder with your hands. Relax your jaw. Ten long steady breaths. Do left your legs at this time.



Leg Extended

Extend your right leg straight up and flex your foot. Place the strap, (belt, dog leash, bath robe belt...) above your heel on the arch of your foot. Try to press up from your heel opening the entire back of your leg. Hips stay square. Five to ten breaths. Do left your legs. Don't strain or suffer!

