



CHAIR YOGA FOR SENIORS

Increase Balance and Strength

Yoga poses use every muscle in the body so that you can increase balance and strength throughout your body. Because the poses include stretching and lengthening, they also have the benefit of relieving muscular tension and increasing relaxation.



Whatever your age, Yoga can improve the quality of your life by strengthening your body, improving balance and flexibility.

Yoga allows you to enjoy your body whatever your age. There is no better time to start Yoga, than now.

Decrease Insomnia

Yoga decreases insomnia by triggering your body's relaxation response and calming your nervous system so that you can relax, fall asleep and stay asleep.

Improved Circulation

Yoga improves the flow of blood to the heart, lungs and vital organs. This improves immune functioning so that your body can stay healthy and fight disease.

Better Alignment

Yoga improves body alignment, resulting in better posture and reduced back, neck, joint and muscle problems. Better alignment helps to correct postural imbalances that can cause falls, strains or other injuries.

Flexibility

Yoga increases range of movement by gradually lengthening and stretching ligaments, tendons and muscles throughout the body. Increased flexibility can reduce aches and pains in muscles and joints. It can also lead to better balance which can prevent falls, strains and other injuries.

Contact Jessica Mollet, CYT

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Jessica is a Certified Yoga Teacher thru Sivananda Yoga Vedanta Center. She has continued her studies in Relaxation and Breathing Exercises and Yoga Therapy thru the Integral Yoga Institute, Himalayan Institute, Kripalu, and the International Sivananda Yoga Vedanta Centers. She taught group fitness classes 1990 - 2001 and began teaching Yoga in 2001. She has taught Chair Yoga at Senior Centers, Yoga for Youth, and has been trained to lead Yoga Classes for People with Cancer.

