# Yoga

As one of the world's oldest health systems, yoga has been recognized as a leading contributor to healthy aging. A growing number of studies suggest that a regular yoga practice provides numerous benefits such as enhanced mental health, mobility, balance, cellular aging, and reduced cognitive decline.[1] As we age, we begin to lose confidence in our bodies. They don't move or respond the same way they once did, and sometimes that brings a sense of insecurity, fear, and limitation into how we relate to our bodies.



Yoga can help us stay connected to our changing bodies, and while they might not heal as quickly or move as efficiently, we can establish a sense of trust through body awareness and incorporating movements that help improve mobility, stability, and balance, which are critical to our physical health as we age. Furthermore, the meditative quality of yoga helps to calm and relax the nervous system, which reduces stress and anxiety, and the concentration involved in meditative practices assist in cognitive clarity and aptitude.

[1]Madhivanan P, Krupp K, Waechter R, Shidhaye R. Yoga for Healthy Aging: Science or Hype? Adv Geriatr Med Res. 2021;3(3):e210016. doi: 10.20900/agmr20210016. Epub 2021 Jul 13. PMID: 34368806; PMCID: PMC8341166.aptitude

# Practice

## Movement practice: 10 min. Chair yoga

1. Hand movement: fist, claw, spread, claw, fist/roll out wrists

2. Point/flex foot; roll out ankle

3. Pick up knee; hug in, side to side (hip opener, if able)

4. Spinal flexion/extension

5. Seated twist

6. Repeat spinal flexion/extension

7. Forward bend (seated)

8. Chest opener

9. Shoulder stretches

10. Neck rolls

## Breathwork practice: 10 min.

1. Ocean breathing

2. Box breathing

3. Breath of fire

4. Alternate nostril breathing