

### Activities 3



## Chair Yoga - Yoga For Seniors | Yoga With Adriene

Adriene

<https://youtu.be/-Ts01MC2mIo>

Chair Yoga invites you to find mobility in a way that is soft and gentle but also really supportive and beneficial. This 17 minute practice invites awareness and integrity into the body, specifically the line of the spine. Activate the muscles that help you find length up through the spine for better posture and energy flow.



## Yoga For Seniors | Slow and Gentle Yoga

Adriene

<https://youtu.be/kFhG-ZzLNN4>

Carve out some time on the mat for this relaxing and gentle 28 minute Yoga With Adriene practice. Relieve stress, cultivate a clear mind and a strong body. This is a chance to connect to your mental health practice while still staying on track for that summer fit. It's perfect for tired or sore muscles, ideal for beginners, seniors or those seeking slow and mindful practice to balance out the bustle. Yoga for all. Namaste!



## 7-Minute Yoga Workout for Older Adults

Silver Sneakers

<https://youtu.be/NDLad2vOHkU>

The 7-Minute Yoga Workout for Older Adults is a simple follow-along routine that builds strength, improves flexibility, and boosts balance. All you need is 7 minutes!



## Daily Stretches for Seniors - Simple Yoga Exercises

Leigha Buttler

<https://youtu.be/mK1q3b2jQqI>

"You are as young as your spine is flexible." This ten-minute yoga session offers simple stretches meant to be done every day or a few times a week. This kind of stretching will lead to deeper, fuller breaths, which will lead to greater ease in the mind/body and greater vibrancy in life. If you know someone who could use a free video like this, pass it on! I originally made this video for my octagenarian grandmother, but so many people can benefit from opening up the body's bigger joints and freeing up space in the body that I didn't want to keep it private. May happiness flood to you in every moment. In peace, Leigha