

CHAIR YOGA

The Yoga Mat Studio and the CO-OP Pharmacy on 8th Street present:

Yes, you can!
CHAIR YOGA
AT THE CO-OP LEARNING CENTRE
ON 8TH STREET

Mondays 1 - 2 pm

Winter session

January 10 - March 14, 2011

10 classes for \$72

What is chair yoga?

Chair yoga is one of the gentles forms of yoga available. It is practiced sitting in a chair, or standing using a chair for support. Movements are uncomplicated and easily learned. In addition to the postures and movements, you will practice ways of relaxation and learn breathing exercises.

The benefits of chair yoga

Regular chair yoga practice brings awareness to the body and mind. It benefits every body part because it increases blood circulation, improves feet, toes, hand and finger movements, improves balance, stimulates the elimination of body toxins, improves posture, flexibility and mobility, muscle and bone health. It can help increase balance and prevent falling.

Chair yoga provides increased independence and self-esteem, and brings calm and

clarity. Participating in a chair yoga class also makes you a member of a positive and inspiring support group, a caring community for dealing with life's daily ups and downs.

Who benefits from chair yoga?

Seniors, those with disabilities, weight challenges, inflexibility or who just cannot get on the floor for whatever reason can benefit from chair yoga. Chair yoga has helped people with the symptoms of health issues such as high blood pressure, anxiety, chronic fatigue syndrome, arthritis, vertigo (medical), multiple sclerosis, carpal tunnel syndrome, clinical depression and chronic pain.

Registration

Register by phoning Francine Niekus, the teacher directly at 343 - 8558. She will ask you to fill out an information sheet about any health limitations that you may have and adapt poses that may not be beneficial for you accordingly.

FAQ

We refer you to this list that we found on the internet at www.yogainchairs.com.

Ten Reasons Not To Practice Chair Yoga (And Why They Are Wrong)

By Mark Franklin

Anyone that can sit in a chair can benefit from practicing chair yoga. Unfortunately there are many reasons people give for not doing chair yoga. Virtually all of these reasons are due to misunderstandings. This article should clarify the most common reasons why people are reluctant to consider chair yoga.

1) "I'm too old to do yoga."

People of ALL ages are practicing chair yoga right now. Classes are typically geared towards seniors, with the average age in most being 70-something. We have had students in their 90s.

2) "I've got health issues."

Most people in chair yoga classes DO have health issues, and many are there because a health care professional that knows about their problems recommended

it. A good chair yoga teacher will ask about and be aware of any limitations you might have. Chair yoga has helped our students with the symptoms of many health issues including high blood pressure, anxiety, fatigue, arthritis, vertigo, multiple sclerosis, carpal tunnel syndrome, depression, and chronic pain to name just a few conditions.

3) "I'm not flexible enough to do yoga".

Chair yoga classes are NOT designed for hard-bodied 20-somethings that can do poses that look impossible. Many people starting a chair yoga class have issues with flexibility, and your teacher will help modify the poses to accommodate that. Your flexibility should get better and better each day you practice chair yoga.

4) "I don't have time."

We all make time for what is important, and what is more important than your health? If you regularly practice your chair yoga you'll have more energy and be more effective, and will be able to get that much more done. You'll feel better while you're going about your busy schedule, too.

5) "I'll feel awkward in the class."

The people that go to chair yoga classes are all likely to either be feeling the effects of aging, have health issues, or both, so you probably won't stand out for those reasons. All yoga classes, not just chair yoga classes, have people with varying levels of experience and capabilities, so yoga instructors are specially trained to help everybody feel good about their progress no matter what level they are at. A good instructor will take poses step by step and at every point say something like, "this might be your pose today", giving you explicit permission to stop when your body says stop.

6) "I wouldn't look good in one of those little yoga outfits."

Generally the students in a chair yoga class do NOT wear special yoga clothes. Some may come to class wearing sweats, while many simply wear loose-fitting, comfortable streets clothes.

7) "I don't want to buy a lot of special equipment."

While it is true that there are whole catalogues full of yoga gear, the only prop you really need is a chair. Sometimes the student needs to elevate their feet somewhat, but things you can find around the house, such as a phone book, can be used for this purpose. If you are practicing in a class environment then the studio or sponsor typically provides any props used in class.

8) "I don't know where to go."