

Lifeline

7 Yoga poses for seniors

Taking steps to prevent falls should be a priority for all older adults. Yoga is an excellent way to reduce your risk of falling. Its slow movements, strengthening poses and focused breathing improve your balance, stability and strength.

1. Sphinx

For upper back strength, lie on your stomach, forearms on the mat, elbows under your shoulders. Press firmly into your arms and draw your shoulder blades together and down your back. Lift your abdominals in and up and stay for 5 to 8 breaths.



2. Downward Facing Dog

Great for joint health, flexibility and body strength. Start on your hands and knees and lift your hips up and back. Use your core strength and legs to bring the weight back as much as possible.

Stay for 5 to 8 breaths and repeat 2 more times.



3. Bird Dog

Good for abdominals and back support. Kneel and stretch one arm forward and the opposite leg back. Keeping your back flat, draw your belly button towards your spine. Stay for a breath and then switch sides.

Repeat 5 times.



4. Mountain Pose

Helps with balance. Stand tall with your big toes touching and heels together. Draw your abdominals in and up and relax your shoulders down and back.

Breathe 5 to 8 breaths.



5. Tree Pose

Good for seniors for balance and concentration. Stand tall and place one foot on the opposite leg or with one toe touching the ground.

Open the leg to the side, bring your hands to a prayer position and hold for 5 to 8 breaths.



6. Cobbler's Pose

Sit tall and bring the soles of the feet together as you open your knees out to the sides. Fold yourself forward but try to prevent rounding the lower back.

Hold for 5 to 8 breaths.



7. Savasana

Savasana restores peace to the body and mind. Lie down and let the floor support you. Completely relax the muscles, breathe as you lie there and take a deep, restorative break.



NOTE: Always consult with your healthcare professional before using the poses in this booklet.

The exercises in this booklet do not substitute for an exercise program provided by your health practitioner.

Stop if you experience any pain or discomfort while performing the poses in this booklet.