

Chair Yoga

Exercise | Healthy Living



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WHAT MAKES IT MEANINGFUL

Any form of physical activity can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life. Yoga can help manage stress, symptoms of depression, relieves anxiety and can help boost mood and quality of sleep. We spend more time on 'our seat' than on our feet and adding plenty of movement to your day is key to good health. That's where chair yoga poses come in- you'll be pleased with how helpful it is to give yourself a break of 20-minutes, and you don't even have to leave your chair

TIME

Videos and printed charts can take between 1 minute to 20 minutes, depending on the video that is watched or how long it takes a person to go through the poses. Classes may vary

MATERIALS

- A sturdy chair without arms or if in a wheelchair, ensure that it can be locked to be secured.
- Computer or smart TV
- Internet/WIFI connection
- Comfortable clothes in order to bend
- Optional- if you're relatively short, put some blocks or folded yoga mats under your feet for a firm foundation



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INSTRUCTIONS

Pick a free video on YouTube that looks interesting, Alternatively, you or someone with a printer can look for a sheet with various chair yoga poses to follow along

Position your chair- or if there are more than one person participating chairs- where you can follow along with the video and listen to instruction. If in a wheelchair, make sure your breaks are activated
Breathe and follow along- have fun!

RESOURCES

- YouTube- search for Chair yoga
- 13 Chair Yoga Poses You Can Do Without Leaving Your Seat
- www.yogajournal.com/yoga-101/types-of-yoga/chair-yoga-poses/
- 10 Chair Yoga Poses You Can Do at Home (verywellfit.com)
- Chair Yoga is also offered through local Parks and Recreation centres, Community centres in your city. Try searching chair yoga and your city's park and recreation centres or community centres.
- <https://www.efun.toronto.ca/> city of Toronto Parks and Rec
- <https://www.ottawaseniors.com/service/chair-yoga-classes/>
- <https://www.hamilton.ca/things-do/recreation/programs/older-adult-55-programs>
- <https://pembroke.ca/en/recreation-and-culture/chair-yoga.aspx>

SUPPORTS NEEDED

This activity can be done independently, in pairs, or with a group

Support may be needed to assist with the technology.

If using a print out, support may be needed to print/read/lead the instructions.

OTHER THINGS TO NOTE:

Like any forms of activity, you can also consult with your doctor to see if these exercises are right for you.

Listen to your body- if you are not able to engage in any poses, you can modify or stop and breathe.

You can look on any exercise apps that may have Chair Yoga and follow safely along.