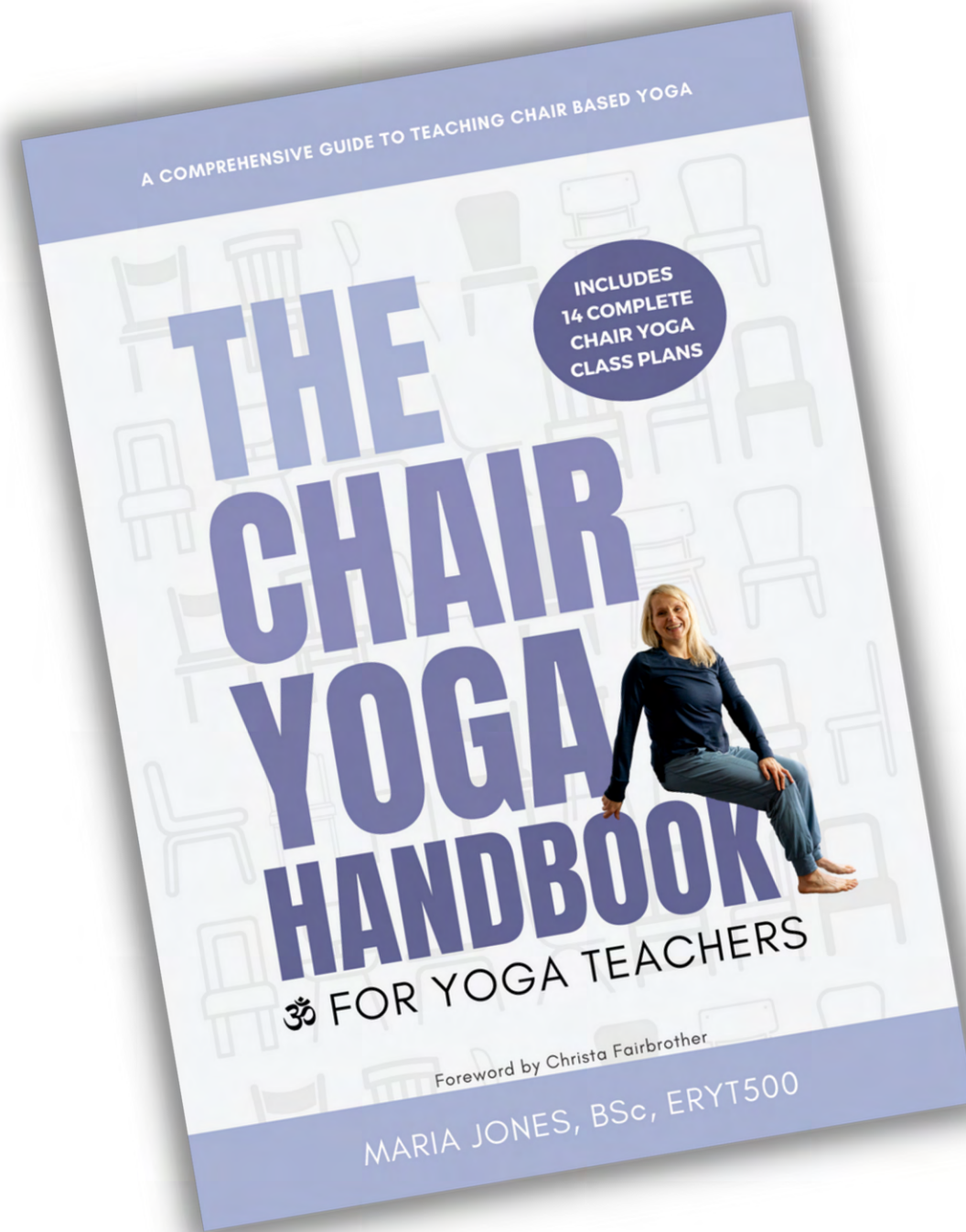
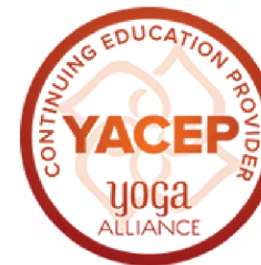




CE WORKSHOP

Chair Yoga for Older-Adults

with Maria Jones





Scotland

Wellbeing hub event



Alzheimer Scotland
Action on Dementia



sport aberdeen



Aberdeen City
Health & Social Care
Partnership

A caring partnership





CHAIR YOGA FOR OLDER ADULTS

- Understand the health challenges
- Yoga to support older adults
- Make yoga a positive intervention



With Maria Jones
(BSc, ERYT, YACEP)

ywayyoga.co.uk



AGEING

"The accumulation of a wide variety of molecular and cellular damage over time..."

The World Health Organisation



With Maria Jones
(BSc, ERYT, YACEP)

ywayyoga.co.uk



CONTRIBUTORS

- Epigenetics
- Disease
- Stress
- Diet
- Lifestyle choices



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ywayoga.co.uk



YOGA CAN HELP

- Resilience
- Independence
- Cognitive function
- Physical health



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(BSc, ERYT, YACEP)

ywayyoga.co.uk

HEALTH CHALLENGES

- Reduced strength and mobility
- Cognitive decline
- Loneliness
- Biological imbalances
- Ill health
- Access to healthcare



With Maria Jones
(BSc, ERYT, YACEP)

yuwayoga.co.uk

YOGA PRACTICE TOOLS



Asana



Pranayama



Philosophy



Focus



Meditation



CHAIR YOGA



COMMUNITY



INCLUSION



TOOLS TO MANAGE



INDEPENDENCE



BALANCE



ACUITY





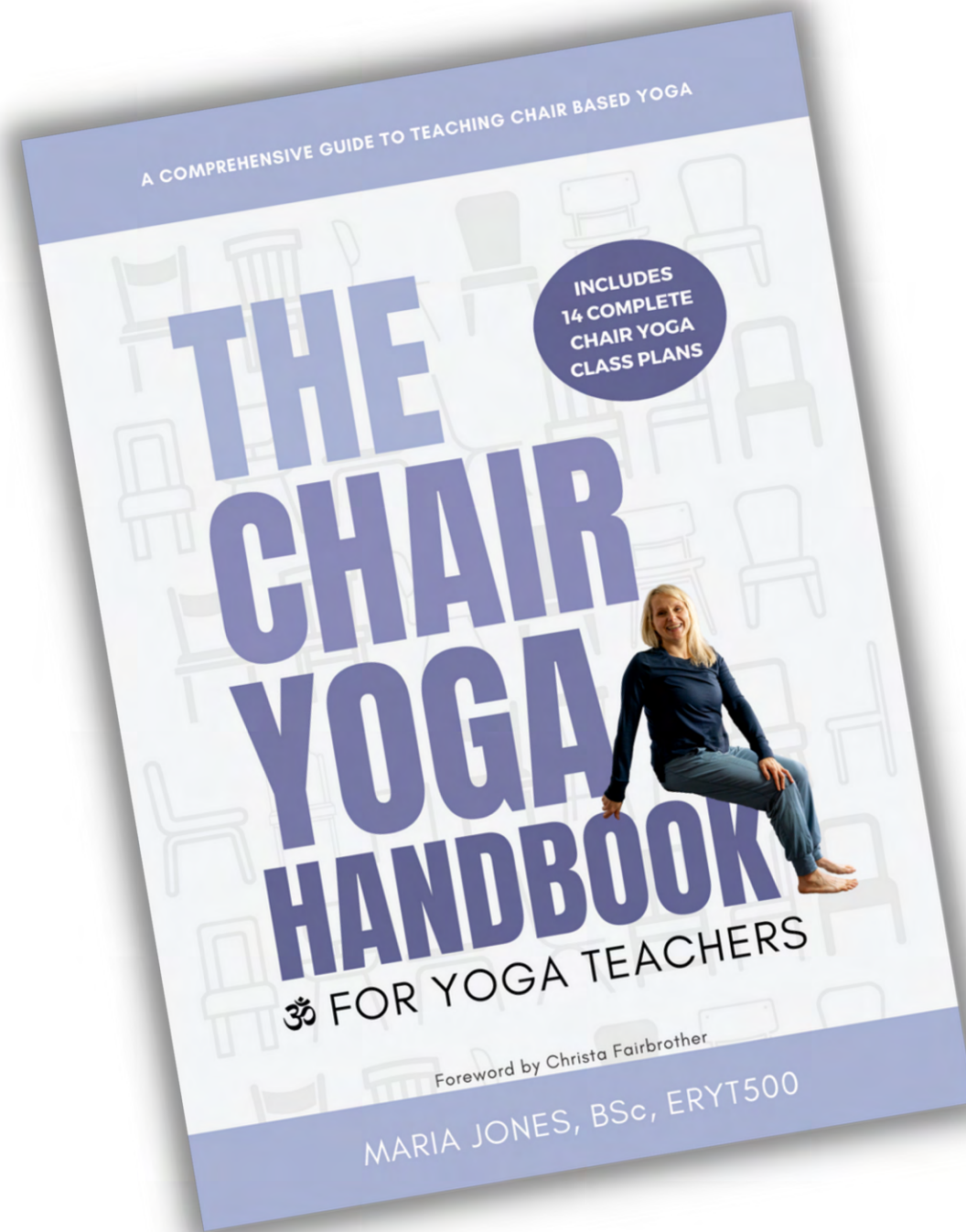
LEARNING OBJECTIVES

- Understand the health challenges
- Yoga to support older adults
- Make yoga a positive intervention



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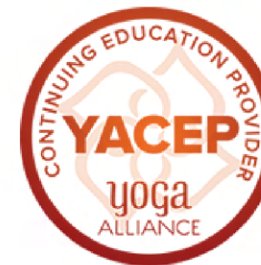
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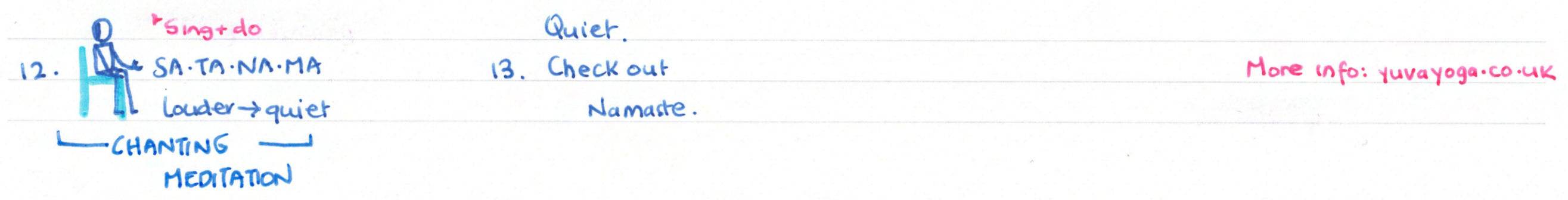
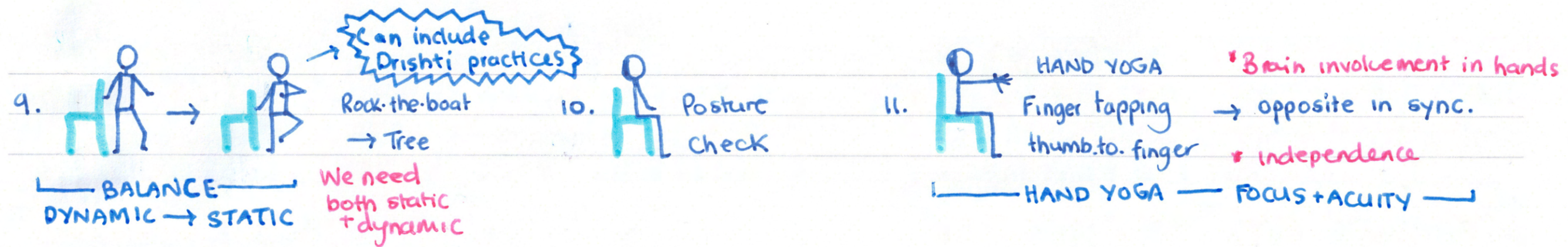
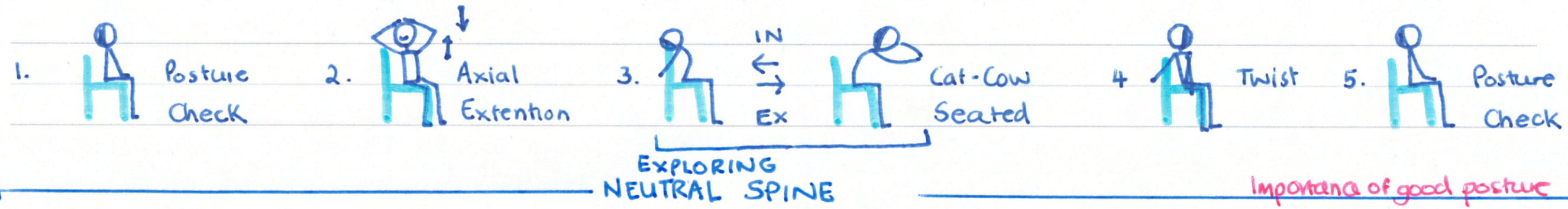
Chair Yoga for Older-Adults

with Maria Jones



CHAIR YOGA FOR OLDER ADULTS

20 min?



YUVA YOGA

CHAIR BASED YOGA

Training

Created and Presented by Maria Jones - Founder of Yuva Yoga