Mobility and Aging: The Benefits of Incorporating Yoga Amongst Seniors

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MOBILITY AND AGING:
THE BENEFITS OF INCORPORATING YOGA AMONGST SENIORS

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CERTIFIED YOGA INSTRUCTOR

“YOGA IS A SYSTEM OF PERFECT TOOLS FOR ACHIEVING UNION AS WELL AS HEALING.”

-- DR. DEAN ORNISH
WORLD HEALTH ORGANIZATION, 1948

“HEALTH IS A STATE OF COMPLETE PHYSICAL, MENTAL AND SOCIAL WELLBEING, AND NOT MERELY THE ABSENCE OF DISEASE AND INfirmity.”

-- WHO (IN STROHECKER 2015)
YOGA: MIND & BODY CONNECTION

1. **PSYCHOLOGICAL** (HANSEN 2011; ROSS & THOMAS 2010)
   E.G., DAILY PSYCHOLOGICAL HEALTH, SOCIAL INTERACTION

2. **POSTURE** (BAMIDIS ET AL. 2014)
   E.G., OSTEOPOROSIS, PROPER SPINAL ALIGNMENT, BODY AWARENESS

3. **MOBILITY** (CREWS 2005)
   E.G., BALANCE, PURPOSEFUL MOVEMENT, FLEXIBILITY
MOBILITY

“I LOOK FORWARD TO COMING TO MY EXERCISE AND YOGA CLASS EACH WEEK, I DON’T LIKE TO MISS SO THAT I CAN KEEP UP WITH FLEXIBILITY.”

--68 YEAR OLD YOGA STUDENT
YOGA: BREATHING & RELAXING MINDFULLY

   E.G., ARTHRITIS, JOINT PAIN & NECK STIFFNESS AND LOWER BACK PAIN)

2. **DEGENERATIVE DISEASE** (DADA ET AL. 2015)
   E.G., SLOWS DEGENERATIVE DISEASES THAT CAN BE ASSOCIATED WITH THE AGING PROCESS DUE TO REDUCED OXIDATIVE STRESS

   E.G., REDUCES ANXIETY & RELAXES BODY TO FACILITATE REST
BREATHING MEDITATION

“YOGA HAS BEEN A REAL BLESSING TO ME BECAUSE I ALWAYS FEEL SO MUCH BETTER AFTER MY CLASS, I WALK MORE STEADY AND I SLEEP THE BEST AT NIGHT AFTER I USE MY BREATHING MEDITATION BEFORE BED.”

-- 89 YEAR OLD YOGA STUDENT
LET’S BREATHE, TOGETHER…

WHY?

BECAUSE THE BODY IS MEANT TO MOVE AND THE LUNGS ARE MEANT TO BREATHE.

BREATHE IS LIFE

THANK YOU!
BIBLIOGRAPHY


