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### 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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“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

1. **PAIN MANAGEMENT** (CHAUHAN, MISHRA, D.K. SEMWAL & R.D. SEMWAL 2016; CHERKIN & HERMAN 2018))

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

3. **STRESS & SLEEP DEPRIVATION** (CREWS 2005; DAWN, M.M. 2008; GARFINKEL ET AL., 1994; WEUVE ET AL., 2004)

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.

BREATH IS LIFE

THANK YOU!





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