

A woman with short white hair is sitting in a meditative lotus position on a purple yoga mat. She is wearing a blue short-sleeved shirt and light grey pants. A silver medical alert tag is hanging from a chain around her neck. The background is a bright, minimalist room with large windows and a wooden pillar on the left.

PHILIPS

Lifeline

Medical Alert Service

A close-up, low-angle shot of a white, oval-shaped medical alert device. A white braided cord is attached to the top. The device has a circular button on its front. The background is a soft, out-of-focus white.

The Ultimate Guide to Yoga for Seniors

How to strengthen your body and
mind to protect your well-being and
independence and prevent falls.

Top 7 benefits of yoga for seniors

1. It keeps your mind sharp

Yoga creates a quiet time that sharpens the mind.

2. It strengthens bones and joints

Yoga prevents or slows down loss of bone density and relieves joint stiffness and pain.

3. It improves your balance and stamina

Yoga's slow movements and holding poses help your balance and improve your strength.

4. It reduces stress

Yoga's postures and slow, controlled breathing can reduce stress.

5. It improves sleeping habits

Stretches or breathing exercises before bedtime reduce insomnia.

6. It slows down aging

Yoga improves circulation, slows the heart rate and builds strength.

7. It reduces back pain

Yoga strengthens back muscles, improves flexibility and stability.

Yoga and fall prevention

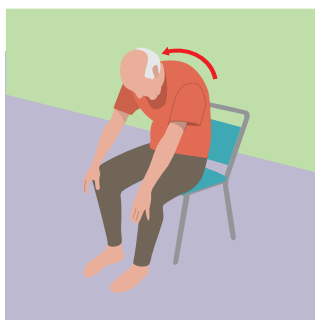
Taking steps to prevent falls should be a priority for all older adults. Yoga is an excellent way to reduce your risk of falling. Its slow movements, strengthening poses and focused breathing improve your balance, stability and strength.

12 Chair Yoga poses for older adults



1. Ujjayi Breathing

A great starter pose: Sit up tall at the edge of your seat and place your hands on your waist. Take a deep breath in through the nose, expanding through your sides and abdomen, then exhale slowly. Repeat for 10 breaths.



2. Cat/Cow

This pose helps to relieve back and neck tension. Inhale and arch your back to look up at the ceiling. Exhale, pulling your abdominals in and rounding your back as you bend forward. Repeat this 5 times.



3. Circles

To release and relax the hip muscles, circle your hips clockwise 5 times while seated without moving your upper body, then counterclockwise 5 times.



4. Sun Salutation Arms

Lengthens the spine, releases tension in the shoulders and neck. Sitting tall, breathe in and lift your arms up, pressing your palms overhead. On an exhale, float the arms back down to your sides. Repeat 5 times.



5. Sun Salutations with Twists

Repeat the previous exercise, adding a twist as you exhale. Repeat 5 times on each side, holding the last twist for 5 seconds.



6. High Altar Side Leans

Stretches spine and shoulders. Lift your arms and interlace your fingers in front of you. Turn your palms to the ceiling as you straighten your arms above your head. Lean to the right for 3 breaths, then to the left for 3 more.



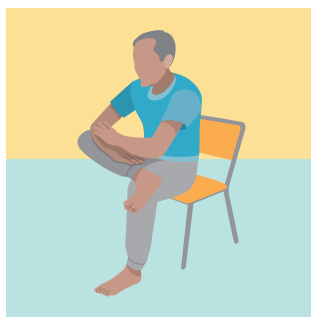
7. Eagle Arms

Banishes shoulder aches. Stretch your arms out to each side, bring one arm under the other at shoulder height and bend your arms at the elbows with palms together. Hold for 5 breaths, unwind and repeat with opposite arms.



8. Assisted Neck Stretches

The neck is a major stress area. Take your right arm and drape it over your head until your palm reaches your left ear. Let your head fall to your right shoulder, and hold for 5 breaths. Repeat on the opposite side.



9. Ankle to Knee

The hip area is also a stress spot. To loosen things up, sit up straight, bend your right knee and place your right ankle over your left knee. For a deeper stretch, lean forward. Hold for 5 breaths, then repeat on the opposite side.



10. Goddess with a Twist

Another great hip stretch: Open legs wide and point toes out. Place your right arm inside your right leg, reaching for the floor. Lift your left arm toward the ceiling and look up to the palm. Hold for 5 breaths, then repeat on the opposite side.



11. Warrior 2

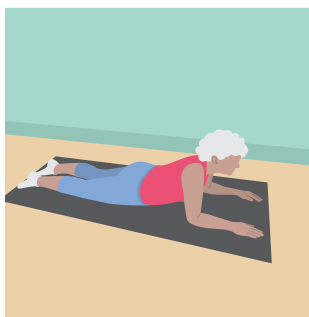
This gives you a full-body stretch. Sit tall at the edge of your seat. Bend your right knee to the side and stretch your left leg out behind you as you press your outer heel down. Hold for 5 breaths, then repeat on the opposite side.



12. Forward Fold

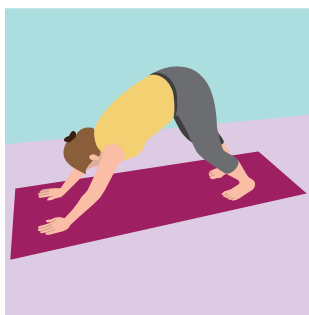
To finish, let blood flow to the brain. Sit tall and straight, then fold down over your legs, letting your head, neck and body hang limp. Hold for as long as you want before rolling back up to a sitting position.

7 more yoga poses for seniors



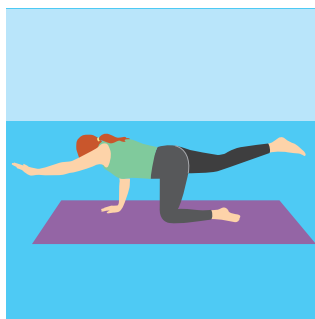
1. Sphinx

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.



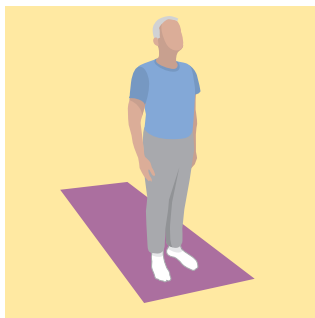
2. Downward Facing Dog

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.



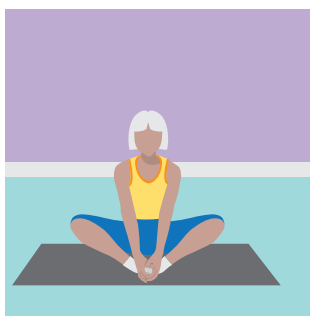
4. Mountain Pose

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.



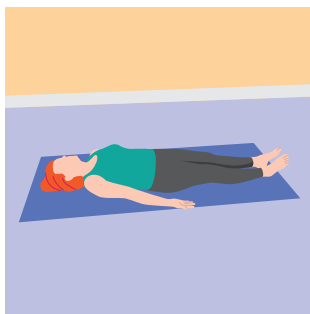
5. Tree Pose

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.

Lifeline protects your safety and independence

Yoga helps you enjoy a healthy, independent life by strengthening your body and mind. Philips Lifeline helps you maintain that lifestyle. Lifeline gives you access to 24/7 help in case of a fall or medical emergency that can threaten your independence, health and well-being.

Why choose Philips Lifeline?

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- ▶ All help calls are answered in Canada by caring, highly-trained Lifeline staff.
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