

Never Too Old For Yoga



Yoga is a form of the exercise that adapts to the needs and abilities that can be helpful even by ELDERLY PERSONS. It deals with our whole being. In addition to postures, yoga provides breathing exercises, visualization and meditation, which work together to maximize our health. By coordinating movement with breathing, the mind is concentrated and stimulated. The simple meditation practices have been shown to increase the level of enzymes, which slow the aging process.


Growing old is the stage when you have more time for yourself, your family, for recreation and relaxation. However, it is also the time when you are more susceptible to some ailments that are linked to old age like arthritis, rheumatism, and high blood pressure. This raises the need for seniors to stay fit and healthy during this age. Though the degeneration of the body set some limits to the types of exercises you can do.


Yoga is beneficial in prevention and control of common health and emotional problems that is linked to old age. It helps you to be more in touch with yourself and your body enabling you to accept who you are and the state you are in which creates a positive approach in life.

Some yoga postures are designed to normalize your blood pressures and balance the nervous system. The breathing techniques can make you feel refreshed and cleanse the air passages which can help prevent respiratory ailments.

When doing yoga try not to push yourself too hard in a pose. You can be effective if you practice it properly. If you feel pain, stop what you are doing. The following is a basic yoga session for elderly persons. You don't have to do all the poses, stop when you already feel tired. You can do these poses on a chair or use a prop when needed.

 	<p>Sit/Easy Position</p> <p>A starting position that helps focus awareness on breathing and the body; helps strengthen lower back and open the groin and hips.</p> <p>Sit cross-legged with hands on knees. Focus on your breath. Keep your spine straight and push the sit bones down into the floor. Allow the knees to gently lower. If the knees rise above your hips, sit on a cushion or block. This will help support your back and hips. Take 5-10 slow, deep breaths. On the next inhale, raise your arms over your head. Exhale and bring your arms down slowly. Repeat 5-7 times.</p>
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	<p>Mountain</p> <p>Improves posture, balance and self-awareness.</p> <p>Stand with feet together, hands at your sides, eyes looking forward. Raise your toes, fan them open, then place them back down on the floor. Feel your heel, outside of your foot, toes and ball of your foot all in contact with the floor. Tilt your pubic bone slightly forward. Raise your chest up and out. Raise your head up and lengthen the neck by lifting the base of your skull toward the ceiling. Push into the floor with your feet and raise your legs, first the calves and then the thighs.</p> <p>Breathe. Hold the posture, but try not to tense up. Breathe. As you inhale, imagine the breath coming up through the floor, rising through your legs and torso and up into your head. Reverse the process on the exhale and watch your breath as it passes down from your head, through your chest and stomach, legs and feet.</p> <p>Hold for 5 to 10 breaths, relax and repeat.</p> <p>On your next inhale, raise your arms over head and hold for several breaths. Lower your arms on an exhale.</p> <p>As a warm up, try synchronizing the raising and lowering of your arms with your breath - raise, inhale; lower, exhale. Repeat 5 times.</p>
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	<p>The Corpse</p> <p>Relaxes and refreshes the body and mind, relieves stress and anxiety, quiets the mind</p> <p>Possibly the most important posture. Usually performed at the end of a session, the goal is conscious relaxation. Many people find the "conscious" part the most difficult because it is very easy to drift off to sleep while doing Relaxation. Begin by lying on your back, feet slightly apart, arms at your sides with palms facing up. Close your eyes</p>
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	<p>and take several slow, deep breaths. Allow your body to sink into the ground. Try focusing on a specific part of the body and willing it to relax. For example, start with your feet, imagine the muscles and skin relaxing, letting go and slowly melting into the floor. From your feet, move on to your calves, thighs and so on up to your face and head. Then simply breathe and relax. Stay in the pose for at least 5-10 minutes.</p>
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