



### YOGA FOR SENIORS

**0:15**

#### **Starting position**

Start yoga lesson for seniors lying on your back with bent legs, feet at the width of your hips (press your feet into the mat – feeling the contact of your feet with the mat), your arms a bit away from your body, stretch your back on the mat (shoulders, scapulae, pelvis, - a small gap under your backbone), stretch the top of your head and draw your chin to your neck. Breathing through the nose feel your own breath and try to use the whole capacity of your lungs for the whole exercise time.

**1:07**

#### **Abdomen breathing**

Try to breathe into your lower belly, into your loins and groins. Your belly works like a cylinder, which stretches into all directions. The rest of your body is relaxed without transferring tonus into your neck or your face. Breathe in and out at least five times.

**1:50**

#### **Body stretching**

Stretch your legs slowly so that you stay safe in your loins. Put your arms above your head in a relaxed way. Breathing in, stretch your right arm and your right leg, breathing out relax, and do the same with your left arm and left leg, and then across with your right arm and left leg and your left arm and your right leg. Then stretch your legs and arms at the same time, wriggle and relax, return your arms back to your body.

**2:35**

#### **Limbering up your small joints**

Bend your forearms to the ceiling and stretch your fingers and toes hard. Clench your fists (your thumbs in your palms). Flex your palms and feet (stretching inner side of your wrists and calves and the whole back of your legs), then overturn your palms and stretch your insteps (stretching outside part of your wrists and shins, and the whole front of your legs. Then turn round your hands in wrists and your ankles one side round and then the other side round. Shake your arms and legs and return your arms to your body. Do every part of the exercise at least five times.

**3:45**

#### **Waking up the centre of your body**

Flex the toes of your right leg and breathing in stretch your right heel, breathing out pull the whole leg back into pelvis (tonus of abdominal oblique muscle). Do it three times, then release your leg. Do the same with your left leg.

**4:46**

#### **Relaxing your shoulders**

Holding your wrists or intertwining your fingers put your arms behind your head and start circulating one way as near the mat as possible, and then the other way round. Disentangle your fingers and put your arms aside your body.

**5:18**

#### **Stretching your loins**

Draw both your knees to your chest press your palms against your knees. Breathing in push your knees against your palms (until your arms are stretched) -your loins stick to the mat,



your belly button is sucked to your backbone, breathing out pull your knees to the chest (rock slightly and lift the sacrum from the mat). Do it at least five times.

**5:50**

### **Stretching your legs**

Hold your right knee with both hands at your chest and stretch your left leg along the mat, both feet are slightly flexed. Breathe and feel your legs .

Breathing in release both legs and do the same with the other side. (Left knee to your chest, your right leg stretched on the mat). Do it three times.

**6:18**

### **Half-bridge**

Lying on your back, your knees flexed, your feet nearest your bottom your arms along your body. Press your feet against the mat and breathing in unstuck your backbone piece by piece lifting your pelvis up and breathing out return your backbone piece by piece back to the mat. Press your feet to the mat all the time and leave your bottom relaxed (the pelvic floor is engaged) Do it three times or five times. Then shift your feet further from your bottom and shake your legs breathing into loins.

**7:17**

### **Loin massage**

Draw both your knees to your chest, place your palms up on your knees and rotate them three times one side and three times the other side round – massaging your loins.

**7:38**

### **Working out back muscles**

Turn over onto your belly, your legs at the width of your hips pressed against insteps. Put your forehead onto folded palms. Breathing in pull your shoulders to your ears, breathing out draw them back, your scapulae stretched wide. (During further exercises keep your shoulders away from your ears)

### **Cobra**

Press against the pubic bone breathing in and with support of back muscles lift your body from the mat with palms still on your forehead. Do not clench your feet or your bottom. Breathing out we return the body to the mat. Do it at least 5 times, and then breathe into your back along the backbone.

**8:43**

### **Compensation – horse**

Press your forehead pressed against the mat, your arms along the body, palms pressed against the mat, lift your legs up and breathe. Your head on the mat, try to relax the upper part of your body, let only your lower part body to work. Then relax – your head on the palms breathing into your back along the backbone.

**9:32**

### **Cat**

Get into this position from belly position over your hip. Knees under your hips at the right angle, your palms under your shoulders, your fingers stretched, your middle fingers point forward. Rotate the pelvis one side, then the other side. Upper back is still, only loins and pelvis work – do it gently, follow your feelings in the loins.



**10:26**

### **Releasing and stretching your backbone**

Breathing in push your tailbone back sagging your loins and chest and slightly bend your head backwards. Breathing out arch your tailbone – your head is still up. Start drawing your tailbone under, arching your loins and in the end draw your chin to your chest. Do this at least five times.

**11:08**

### **Releasing and stretching your backbone**

Keep the right angle in your knees and shift your palms forward on the mat into a wide V and sank your trunk. Put your forehead or your chin or one face on the mat and try to relax in your chest and push it near the mat (broken flower). Breathe the position through.

**11:35**

### **Releasing and stretching your backbone**

Relax in a child position - pushing against your palms sit on your heels, your knees as close as possible, your forehead on the mat, your arms above your head or along your body (choose what is more pleasant for you), eventually, underlay your head, bottom. Then release completely and breathe along your backbone.

**12:11**

### **Standing up (mountain)**

Breathing in get slowly into standing position with your feet parallel and a bit apart. Press your feet against the mat, stretch yourself towards the top of your head, release your shoulders, draw your chin slightly to your neck and let your arms hang along your body – position of mountain. Breathe in and out several times.

**13:04**

### **Balance exercises**

Start transferring your weight forward and backward without detaching your heels or toes from the mat (reclining board). Then transfer your weight from side to side and finally draw a circle with your head on the ceiling one side and then the other side without bending in your waist, only feeling transferring the weight on your feet. Stop and shake your arms and legs.

**14:06**

### **Forward bend**

Let your feet stand in width of your hips, bend your knees and with your back straight go into the straight forward bend – your backbone is parallel with the mat, your palms pressed against the thighs, your elbows by your body, your shoulders broad, your chin drawn slightly to your neck, stretch your body to the top of your head. Breathe and according to your possibilities straighten up your knees and feel the back of your legs. Then again bend your knees, press your feet against the mat and piece by piece straighten up your back. Standing up shake your arms and legs and relax.

**15:21**

### **Backward bend**

Compensation in backward band, (foot by foot or with a small gap between them) put your palms on your loins or on the lower ribs (your thumbs turned backwards, fingers forward) press your feet against the mat and breathing out bend backward. The centre of your body is stabilized, open your shoulders, draw your elbows near your body, stretch to the top of your head, your breastbone towards the ceiling. Your head stays in prolongation of your backbone.



Breathe in your lower belly, into your loins and groins. Then breathing in straighten and release your arms, legs, your head (let your chin go down your chest and rock your head from one shoulder to the other).

**16:28**

### **Half-bend aside**

Straightening in the standing up position (foot by foot or with a tiny gap between them), breathing in stretch your left arm to the ceiling, release your shoulder and breathing out bend to the right. Press your feet against the mat, stretch your body to the top of your head and to the middle finger of your left hand, breathe. (In case of need let your left hand go loose back to your body, but stay in the bend. Then breathing in stretch your left hand to the ceiling and breathing out get into straight standing position. Shake your arm. Do the same to the other side.

**18:04**

### **Torsion in thoracic spine**

Let your feet stand in width of your hips, put your palms on each other in front of your body (your elbows in the level of your shoulders, your shoulders away from your ears). Press your feet against the mat, keep the centre of your body stabilized and breathing in turn to the right. Turn your right palm to the ceiling (it is a bit higher than your shoulder), stretch your breast muscles, carefully turn your head, your eyes to the side. . Breathing out we return back and do the same to the other side.

**19:22**

### **Position of the chair for strengthening your legs**

Stand up with your feet at width of your hips. Breathing in raise your arms above your head (shoulders stay away from your ears) and breathing out bend your knees and sink into chair position without lifting your feet from the mat. Your back straight do not push back your bottom and put your arms on your chest in the prayer position and slightly press your palms. Feel your scapulae stretched and your shoulders broad. Breathe deeply into your lower belly and try to keep this position, feeling your calves, your shin and instep muscles. Then return into the standing position, release your arms and legs.

**20:38**

### **Strengthening abdominal muscles**

Lie down on your back, your knees bent, your feet at width of your hips, your arms a bit from your trunk. Spread you whole back on the mat. One by one lift your bent legs and stop your knees above your hips, your shins parallel with the mat, your feet flexed. Imagine stretching your knees to the ceiling and pushing your feet into an imaginary wall. The centre of your body is fixed, your loins are pressed against the mat, your bellybutton went down to your backbone. Breathe freely and try not to transfer the pressure up to your shoulders, neck or your face. Then draw knees to your chest, breathe into your lower belly and loins, rock from side to side. Return your feet onto the mat and relax.

**22:14**

### **Strengthening abdominal muscles**

Lift your both legs little again, lay hands under your head and breathing out lift hands with your head and shoulders up to your scapulae. Your head in your palms, elbows are open imagine that you push your knees to the ceiling and press your feet into an imaginary wall.. Release your neck and face feeling work of your lower belly.



**23:00**

### **Massage of your loins**

Return your head onto the mat, draw knees to your chest, put palms on your knees and rotate the knees one way and then the other way round and thus massage your loins. Then return your feet onto the mat.

**23:34**

### **Torsion in lumbar spine**

Put your feet in width of the mat, arms stretched out sideways and your whole back spread on the mat. Breathing in turn your knees over to the right and your head to the left. Breathing out return back to the middle and breathe in again turning your knees over to the left and your head to the right. Repeat two times to each side breathing fluently. The third time stay on each side for a while, stretch your upper knee and breathe through the position. Your shoulders and scapulae stay on the mat all the time, your knees do not reach the mat.

**24:58**

### **Relaxation**

Lie down into position of dead body – your legs a bit apart, let your feet loose aside, spread your back onto the mat (there is a little gap under your loins), your arms a bit away from your trunk, stretch to the top of your head and slightly draw chin to your neck. Close your eyes and be aware of your breath – do not influence this, only feel your breathing in and out. Then start to pay attention to your toes and gradually go through all parts of your body up to the top of your head. Pay attention to the feelings in your body. If there is any bigger tension, imagine that you breathe deeply in that place and then breathing out wash away the tension. In the end take a deep breath in and out, put your hands above your head and stretch to all sides. With your eyes still closed, turn over one side, curl up and breathe in and out several times. Breathing in turn over to the sitting position and straighten your back, stretch to the top of your head, release your shoulders and slightly draw chin to your neck. Put your hands in front of your body, knead them and warm them up. Then put them in front of your eyes, open your eyes and knead your face.