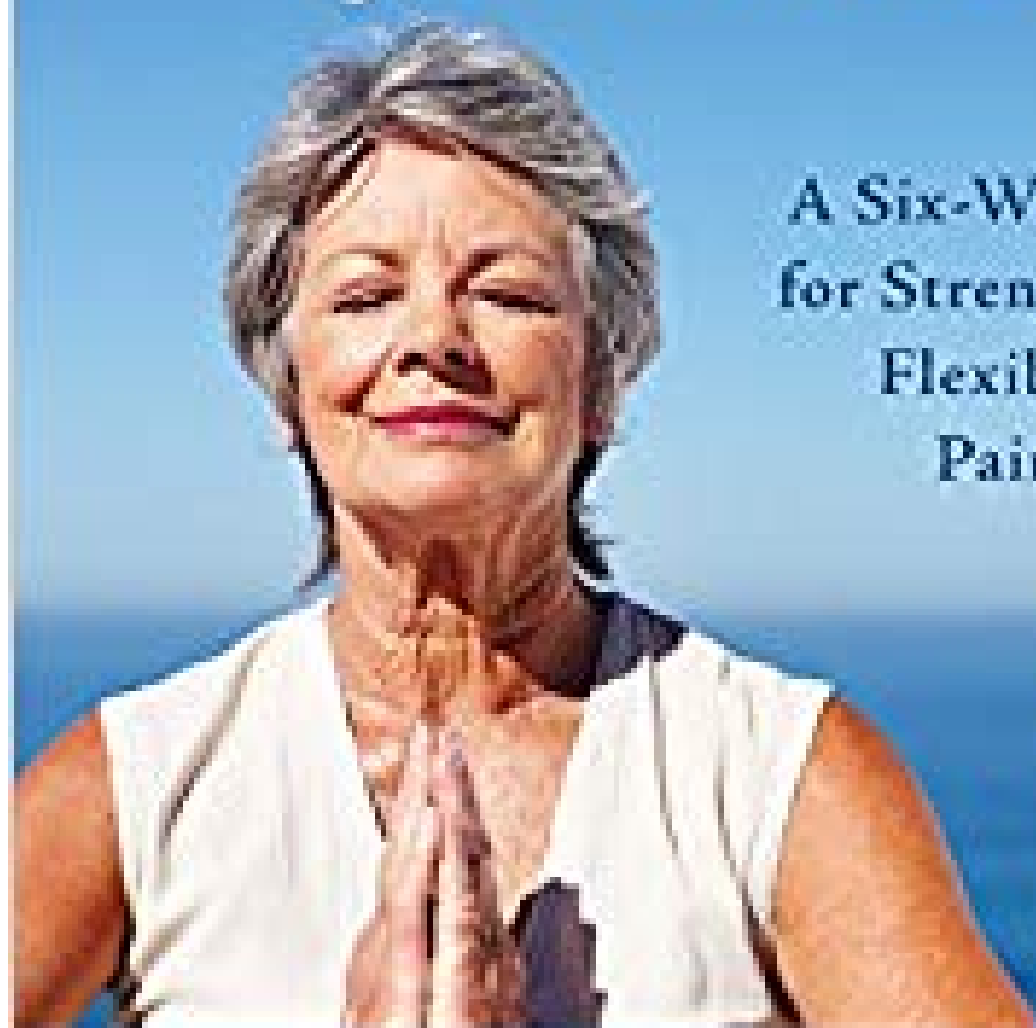


Based on the pioneering Yoga for Seniors program
offered at Duke Integrative Medicine

Relax into Yoga for Seniors



A Six-Week Program
for Strength, Balance,
Flexibility, and
Pain Relief

Includes
Downloadable
Guided Audio
Practices
See page 229

KIMBERLY CARSON, MPH, E-RYT
CAROL KRUCOFF, E-RYT

Foreword by Mitchell W. Krucoff, MD | Afterword by Jim Carson, PhD

Kimberly Carson MPH E-RYT and

Relax into Yoga for Seniors: A Six-Week Program for Strength, Balance, Flexibility, and Pain Relief



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ll be able to create a safe and effective individualized practice that may address your preferences, take personal limitations under consideration, and help you decrease pain, are more flexible and dynamic, and connect deeper with your inner encounter. This evidence-structured workbook will guide you securely—step-by-step, and with posture illustrations—on a six-week program for improved stability, flexibility, and overall well-being. Controlling the psychological and physical challenges that come with aging can be difficult. Seniors face a number of age-related problems, such as chronic pain, hypertension, cardiovascular disease, osteoporosis, arthritis, and anxiety and depression. Guidelines for downloading these extra features can be found on page 229 of the reserve.s practice, there is a growing body of evidence that suggests yoga could be beneficial for a wide variety of age-related ailments. Rest Into Yoga exercises for Seniors—ll explore what yoga is and how to carry out it safely, including essential movement considerations like ways to get along from the ground with care, and how to stand and sit with healthy postural alignment. offers a step-by-step information that combines the very best of contemporary, evidence-based medication with the ancient wisdom, experience, and custom of yogic teachings. With this publication, you’ in line with the innovative Yoga meant for Seniors program, and including fresh material for fans of the Relax Into Yoga for Seniors DVD—Yoga exercises for Seniors includes free of charge downloadable guided audio practices and printable PDFs. Unwind into Yoga for Seniors presents twelve principles of yoga exercise practice for seniors, including those with small mobility. Relax into With this popular plan, you’ And while some individuals may consider yoga exercise a person’



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This Book is a Gem! This book is a gem! I have already been teaching yoga for 17 years and am a yoga instructor trainer for both entry and higher level yoga teachers. We am 61, with osteoporosis and I have to stretch and build-up my muscle tissues. Relax Into Yoga exercises for Seniors matches the bill on both counts. First, the layout of the book is in depth and approachable, you start with basic details and guidelines on safety and the practical aspects of yoga, to laying out a 6-week progression of poses and actions that allow the student to steadily become more comfortable, strong, and flexible. Further, an enormous plus is the book's concentrate on making yoga available to all people, to all or any types of bodies. The publication's target audience is seniors, and it accomplishes that goal very well. However, most of its guidance could apply to the overall population, anyone new to yoga exercises, or anyone just attempting to have a more gentle approach to beginning yoga. This is a detail by detail way to stretch, breathe, and tone without becoming a pretzel. Furthermore, the book is a treasure trove of additional assets. Perfect for beginners My yoga partner and I needed something to achieve that was easy for both of us. The authors have actually thought about yoga teachers and also have provided a web link to a guide for helping yoga exercises teachers start adjusting their instructions to safely and successfully work with maturing populations. The philosophy fits with the sort of yoga I enjoy (no contortions, comfortable heat range) -- and everything is possible with a little searching for the right adaptation. I needed a yoga publication, a gentle guideline to keep me doing gentle(r) exercise, knowing I was on your path. It's laying and breathing or sitting down and breathing.. How will you relax and build power? Don't wish to embarrass yourself or hold back a class?. The authors are specialists in their fields and write from encounter. I've no idea. The poses are mainly simply laying there, RELAXING. I am teaching Yoga for nearly 20 years which book is THE go-to reference for teaching seniors and those with limited flexibility. It appears that the "bulk" of the evaluations are friends or acquaintances of the authors, who believe the book is excellent but gives no reasoning for the reserve being great because it shows up they didn't actually use the book, they simply liked that it was a great concept. As such, I am always on the lookout for solidly researched, well-created books on yoga exercises technique 1) to improve my teaching abilities and teach to other yoga teachers, and 2) to recommend to learners for doing yoga at home when they can't get to a yoga course. My partner is 77 and concerned about the forms of positions and poses she'd be required to perform. Their understanding and skill in adapting yoga exercise to the needs of seniors, as well as their deep understanding of the yoga practice and capability to explain how to properly adapt the yoga exercises came through in every class. I realize that yoga exercise teaches mindfulness but I needed even more. This led me to accomplish qi gong dvds at home,, further research led me to seat yoga dvds. The title

says this was an application for Strength but not til I got eventually to the finish of the reserve, did I see a Bridge pose. AN EXCELLENT Yoga book for seniors I have bought other yoga books before; but I'm SO happy I took a opportunity with this one! Five Stars Great book for yoga practitioners and yoga teachers. Elements of me hurt now and then, I am a semi regular chiropractor individual and I retired from schoolbus generating (30 years), with medical issues of high blood pressure, and an overload of tension. I've run 5ks for a few years, now i am not anxious to accomplish even that. I can do yoga, however, not very much on the mat, my body doesn't like that sometimes. But, the will and the want to, to accomplish 'hard primary' isn't there. I consider tai chi for seniors, for falls prevention and balance. The reserve provides pencil diagrams of people laying on to the floor for instance, breathing to relax. But I clean homes, walk a LOT, therefore i am energetic. Finally, I had the nice fortune to review with the authors in 2011 at Duke Integrative Medicine's Therapeutic Yoga for Seniors Professional Training (today Integrative Yoga for Seniors). This publication does that. Five Stars A nice book about yoga from a baba yaga Five Stars For my mom Highly Recommend! I really enjoy being told that I AM performing what my body/mind requirements, and NOT to strive to do more. Not for me Book was not what I was looking for. I've only read 1/3 of the book and I'm already more relaxed! So, I will be recommending this excellent book as a resource to yoga students, specifically to gentle and further gentle yoga students, to yoga students recovery from trauma and stress, also to yoga teachers mainly because a resource to enhance their teaching abilities for teaching seniors and college students with illnesses, injuries, and special conditions. Yoga exercises for everyone, no matter your unique issues or (perceived) inabilities. (coping with cancer? alternative parts? excess weight?.) The benefits of yoga are profound, which book makes yoga available to us all. If you can breathe.. This publication represents their deep like of sharing yoga with all.. Im a female in my 70's who by no means even tried yoga until just a couple years back. Luckily my first teacher adopted the philosophy of the book. Read it! Makes Great things about Yoga Open to Anyone. A fantastic choice for ANY beginner~ age apart! Felt like I was reading a comic publication. I love the drawings, rather than the photos of size 0 versions I frequently see in other exercise books, or the bending into pretzels photos I've seen in other yoga exercises books. There is absolutely no way you can build power from the poses in this book.. I recommend this book. Chair Yoga exercises and more... Lovely book! Clear instructions with simple guidelines. The authors clearly demonstrate their interest for teaching yoga and making it accessible to all. I recommend this book. You can find links in every chapter for downloading audio recordings to lead the reader through the breath work, meditations, and yoga exercise postures offered in the book. This book displays drawings of genuine people, you

fulfill them and the finish of the reserve, doing this yoga exercises. By the end of the publication there are some poses but most of the book is mostly about breathing and resting. Moreover, its guidance on yoga exercises adaptations for such challenges as arthritis, osteoporosis, joint replacement, center/lung/circulatory problems, chronic conditions, and malignancy, all issues present in both our aging and general populations, alongside as its illustrations of true people with real, less-than-perfect bodies, helps it be highly available to a wide audience. There have been just illustrations and no photos. I am 66 right now, but after years of hard farm work, schoolbus driving, I have found that I no longer wish to accomplish 'hard core' exercises, to remain active and fit.



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