

Rexdale Women's Centre

Yoga For Older Adults

The Practice of **YOGA** 20 Poses



416.745.0062 www.rexdalewomen.org

Funder's Acknowledgement

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United Way
Greater Toronto

RWC-Mission

We support immigrant, refugee and newcomer women and their families to become fully participating members in Canadian society. As a leader in our sector, we enhance our clients' self-sufficiency and competence by providing essential services and facilitating access to community resources.

RWC-Vision

Our vision is for immigrant, refugee and newcomer women and their families to effectively settle and integrate into Canadian society. We are committed to working with our clients to be self-sufficient and financially secure. They will live happy, safe, healthy and socially engaged lives in which they are honoured and respected for who they are regardless of their background.

The Practice of **YOGA 20 Poses**

Purpose

The purpose of this book is to provide illustrations of yoga postures used in the Rexdale Women's Centre - Seniors Yoga Program. They are meant to be helpful to participants at in person classes, during online instruction or for self practice. Each posture is shown with models of varying flexibility and experience. The practice of yoga should be a part of a healthy life style.

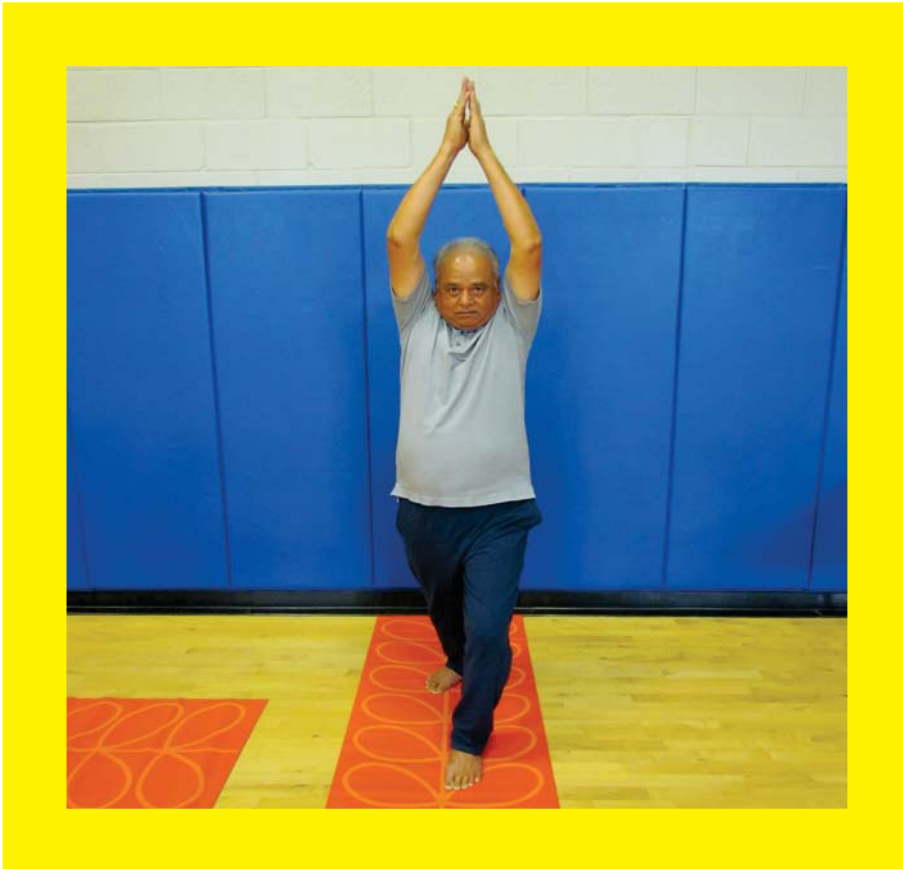
Instructors and practitioners have discovered the following benefits to participation in yoga classes:

- Increased flexibility and range of motion
- Increase mental focus
- Reduce stress and anxiety
- Attain a feeling of calmness and serenity
- Improved balance
- Increased strength and endurance
- Some experience reduced joint pain

Personal Responsibility - Waiver

It is the participant's responsibility to ensure they are fit enough to practice yoga as illustrated in this book. The postures have been selected with senior's abilities and limitations in mind. It is not possible for the authors or instructors to know the condition of every participant. Participants should therefore discuss any medical or physical concerns that they may have about their ability to participate with a trusted medical professional. If pain or even moderate discomfort occur, stop the posture and recover completely before resuming.

1. WARRIOR I POSE



NOTES

2. WARRIOR II POSE



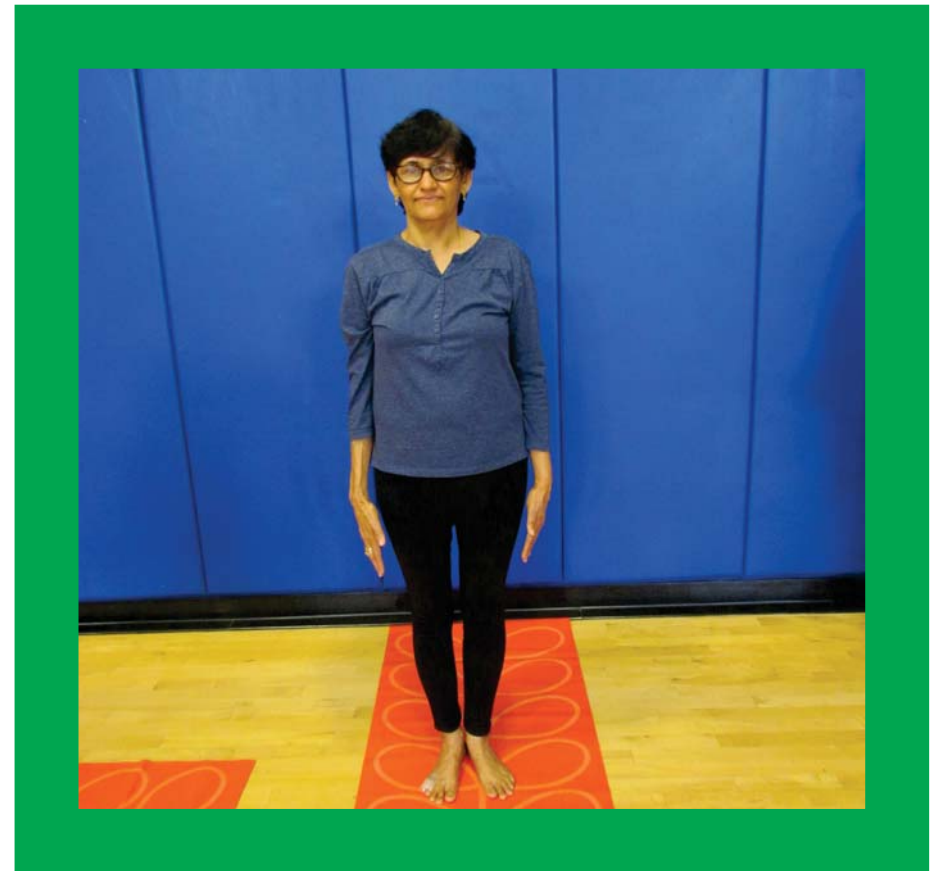
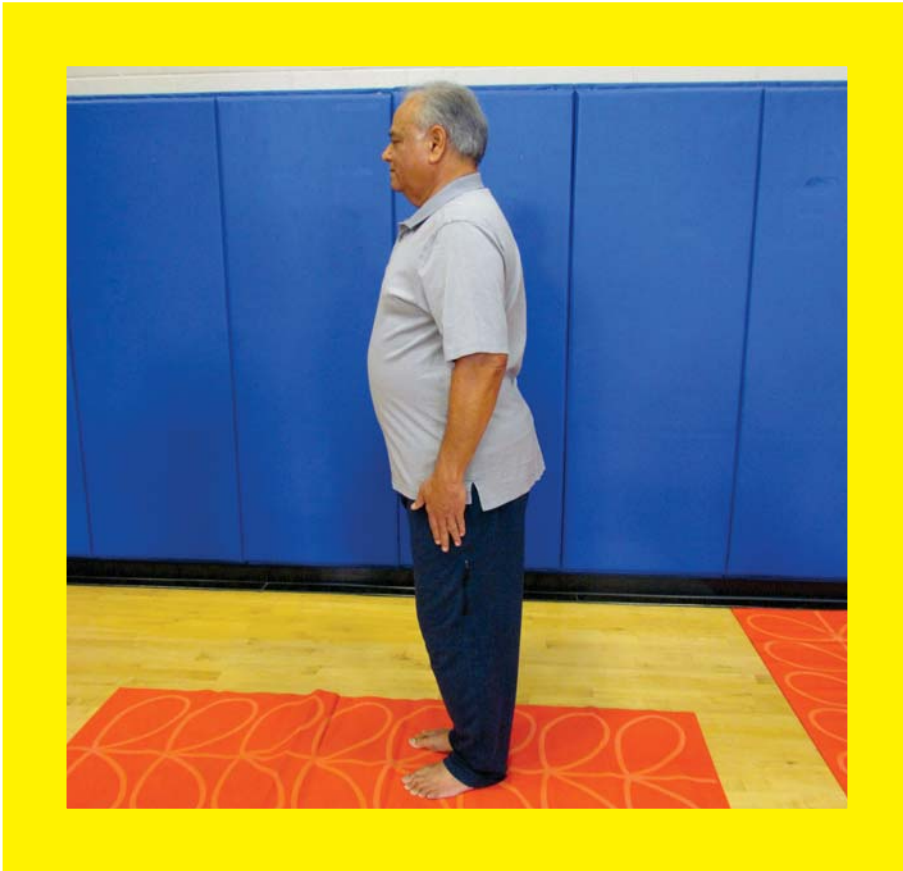
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3. EXTENDED SIDE ANGLE POSE



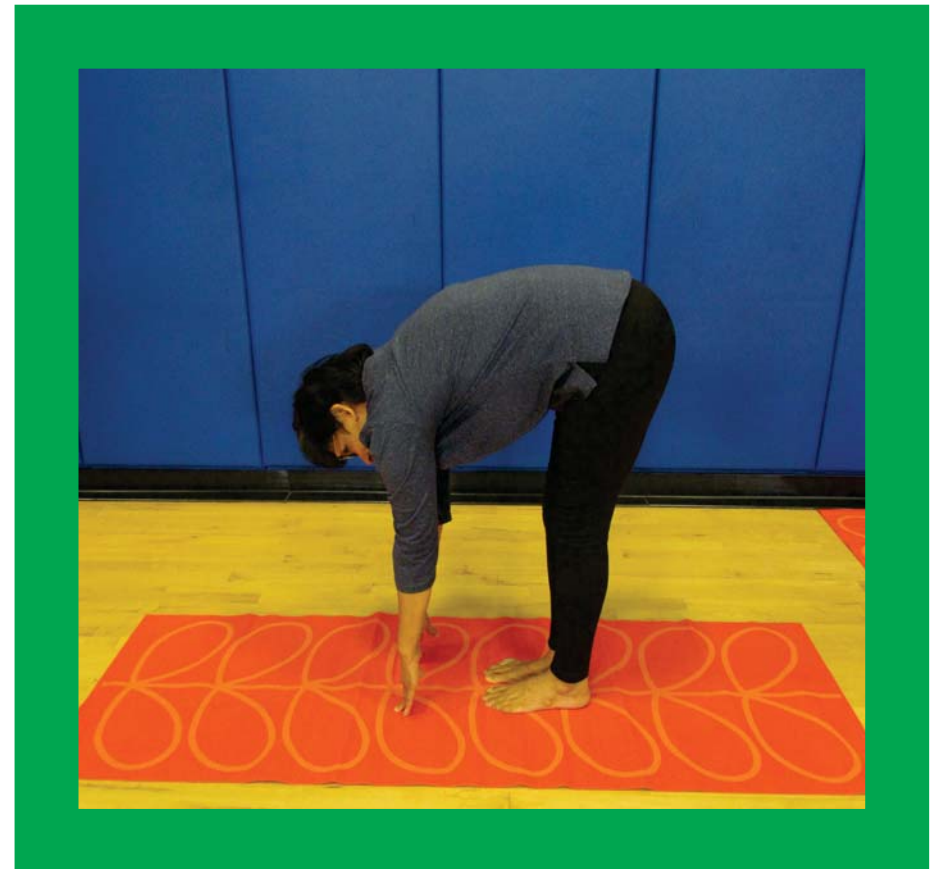
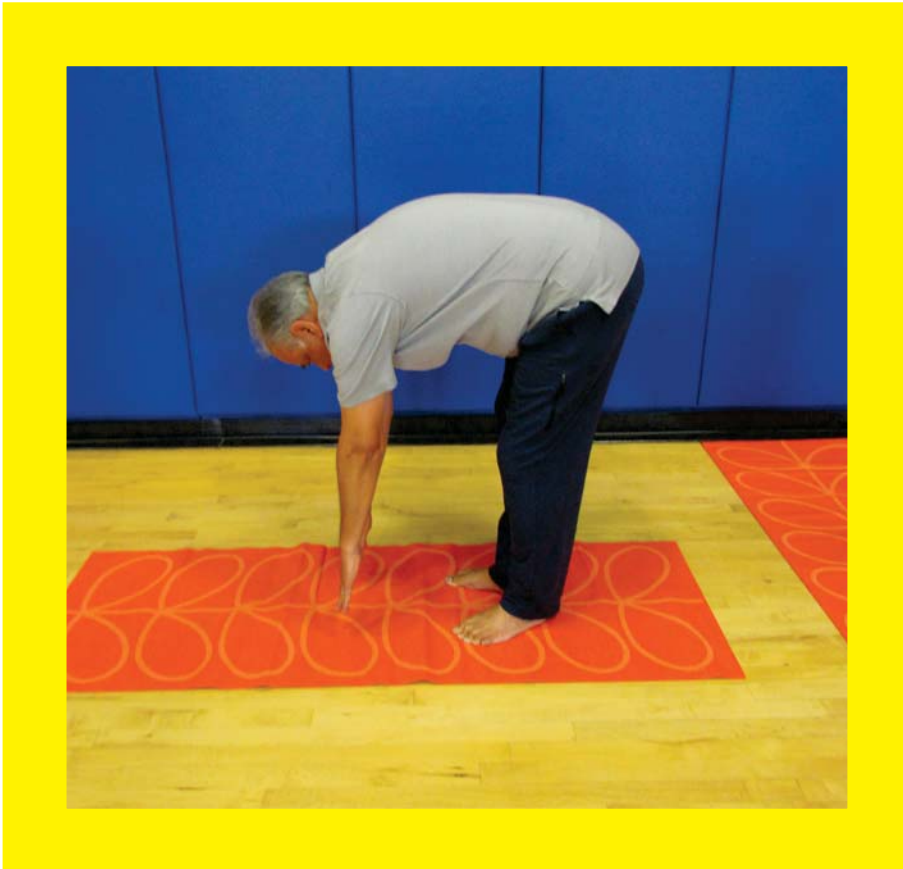
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4. MOUNTAIN POSE



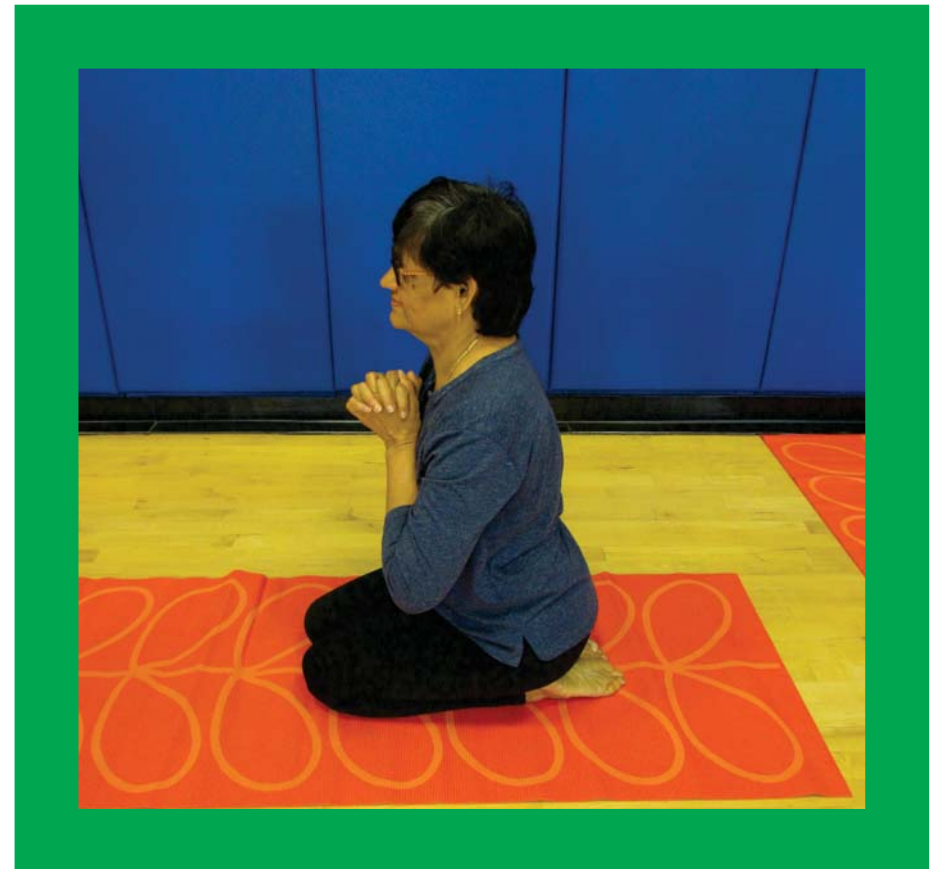
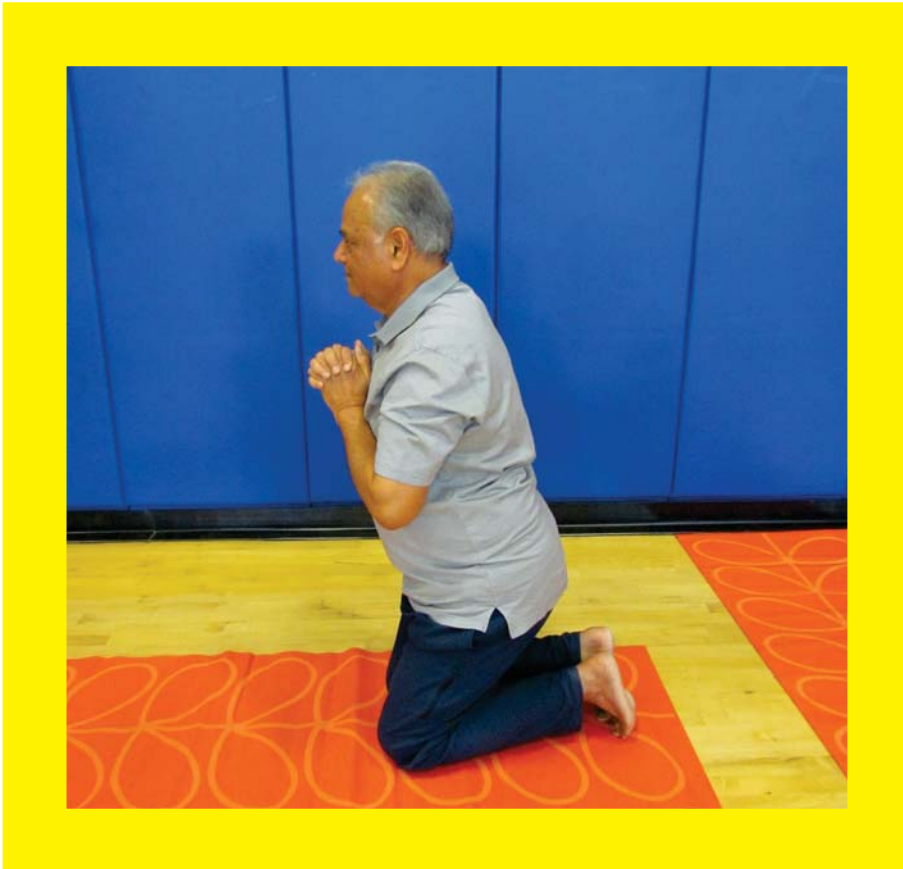
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5. HALF FORWARD BEND POSE



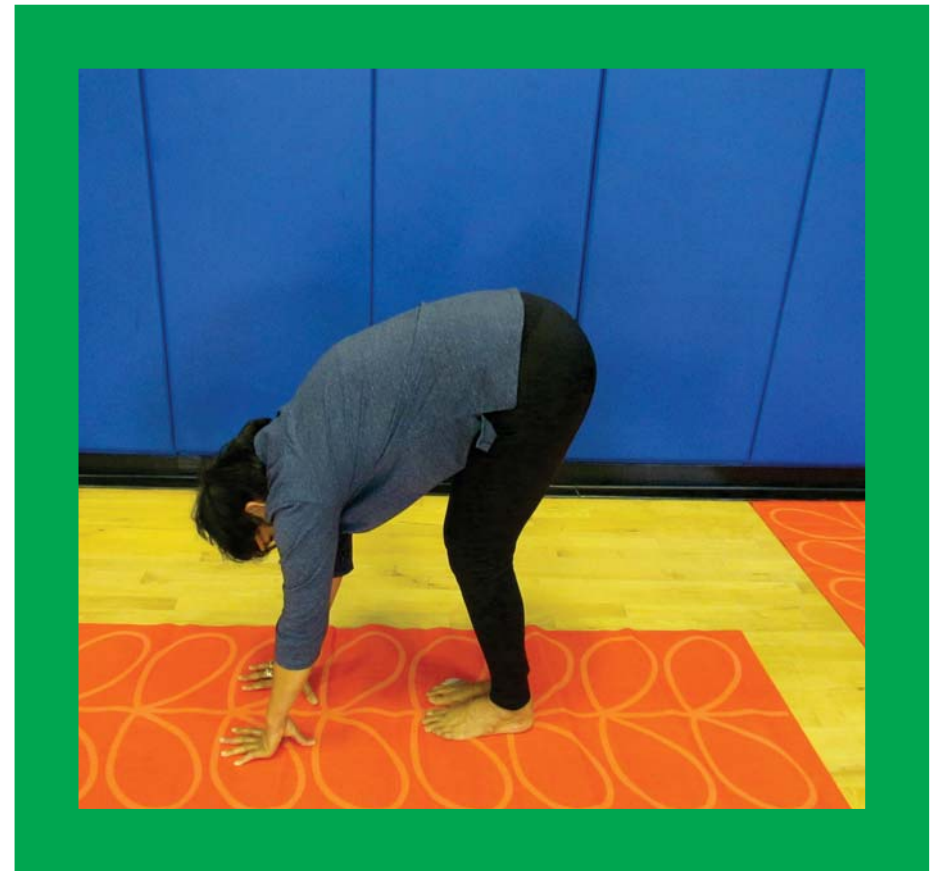
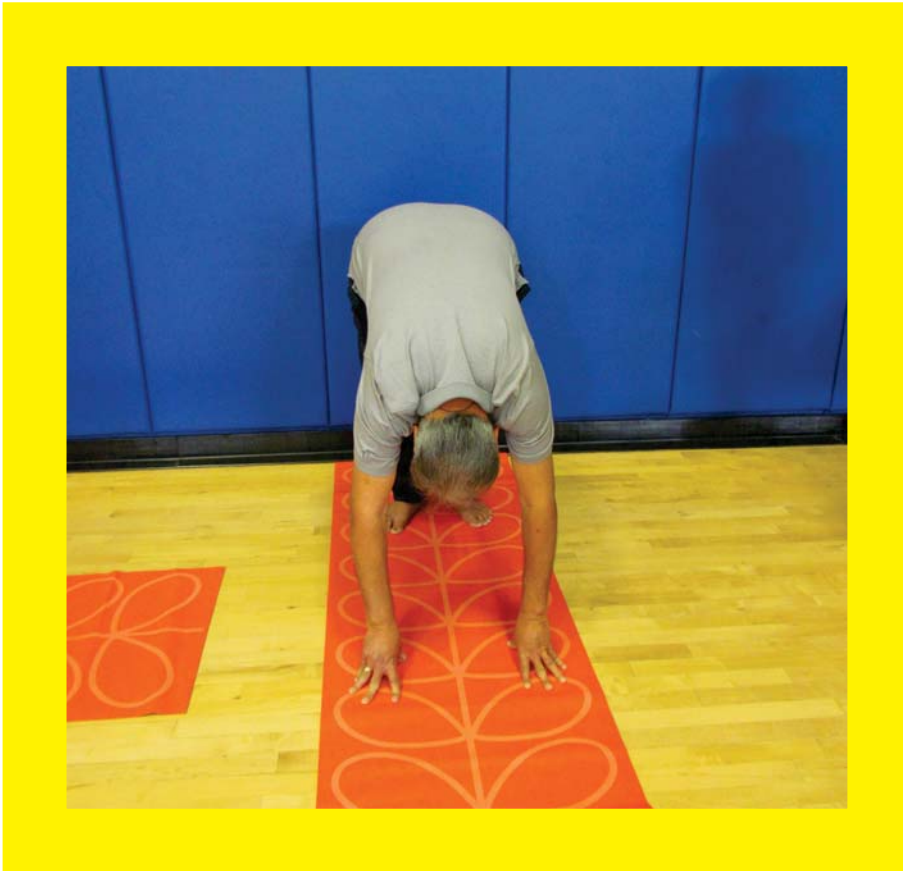
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6. GARLAND POSE



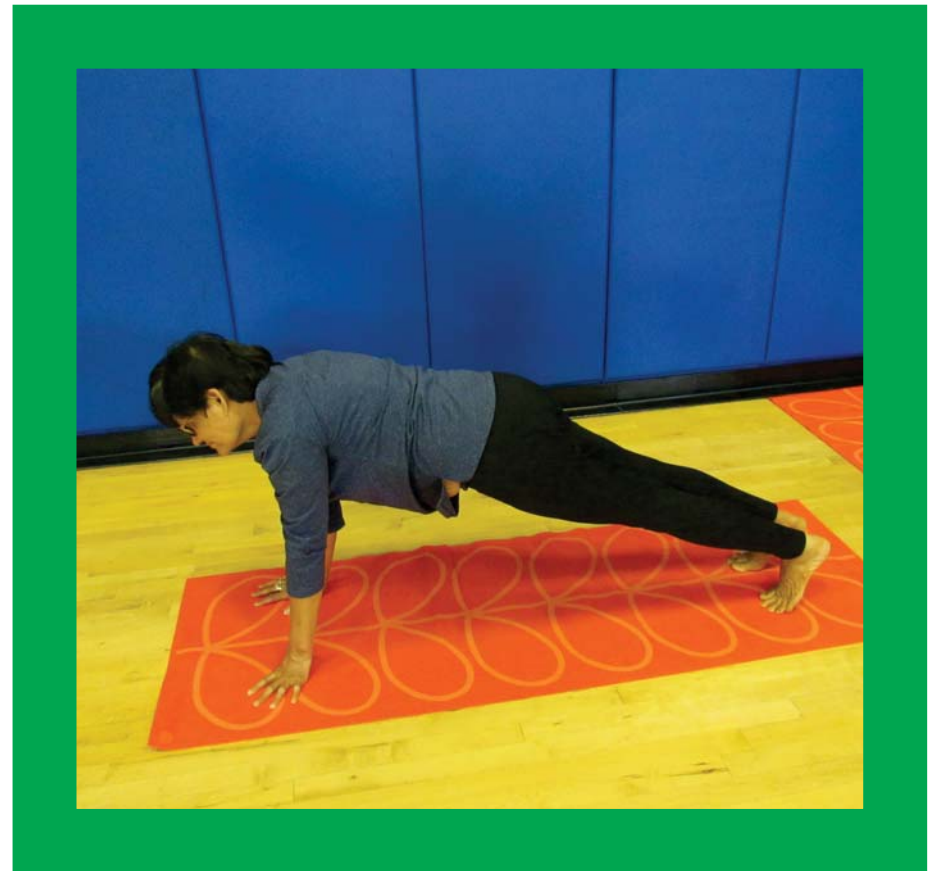
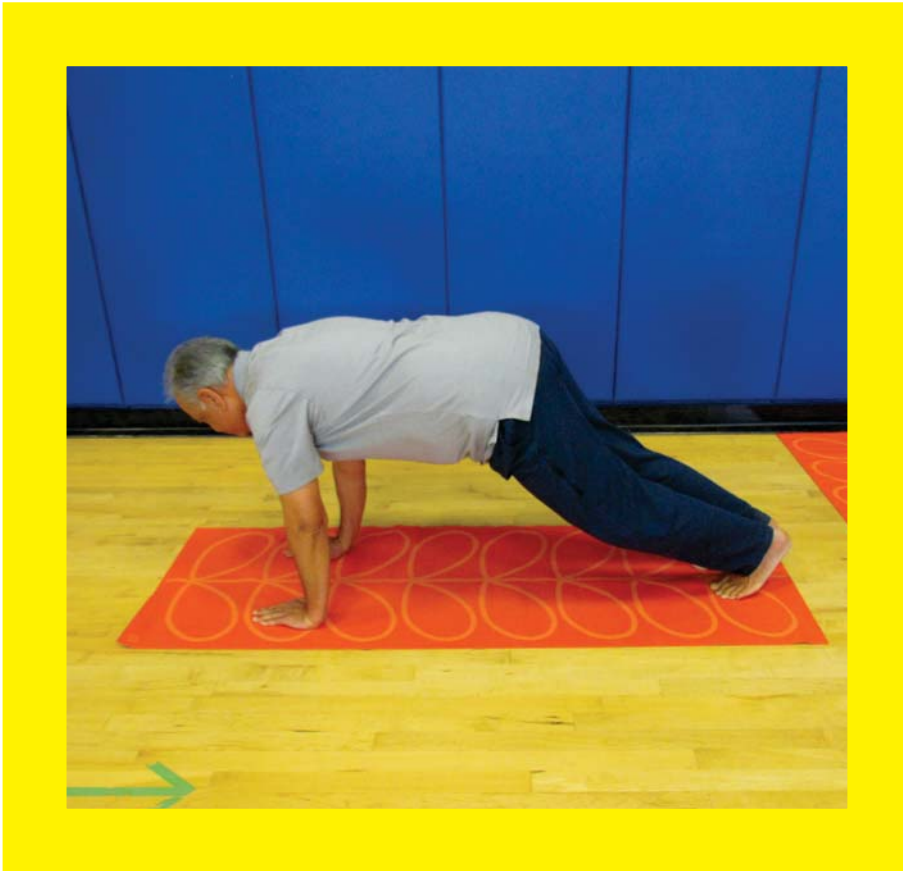
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7. STANDING FORWARD BEND POSE



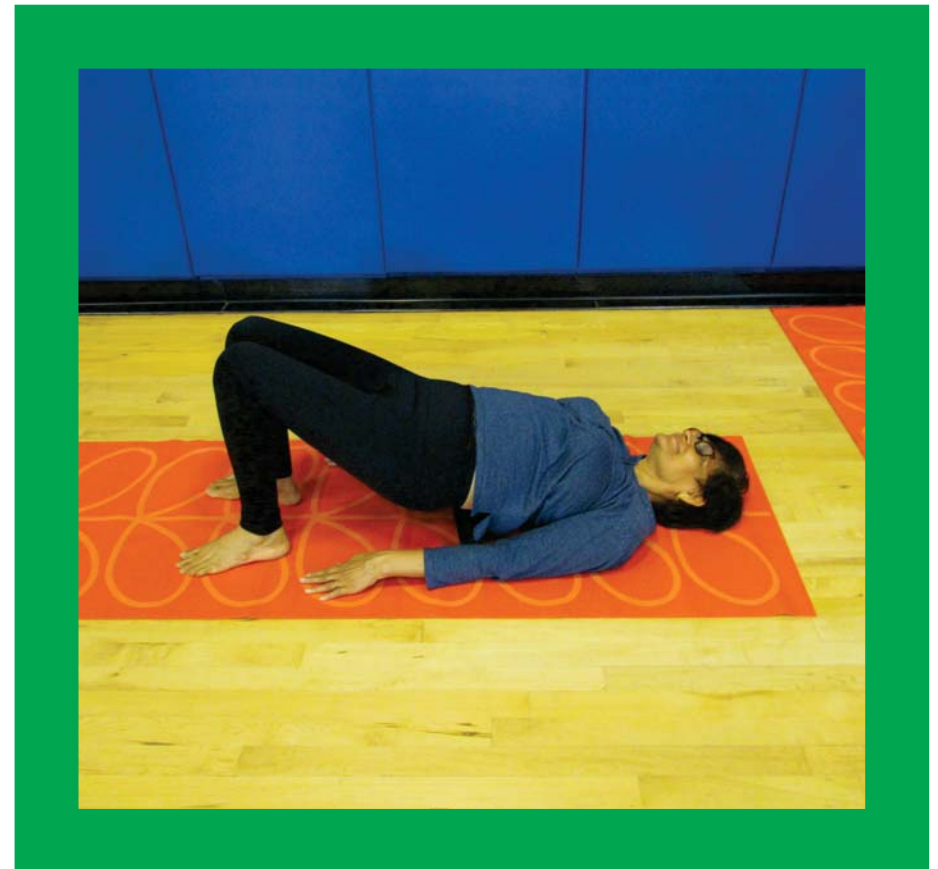
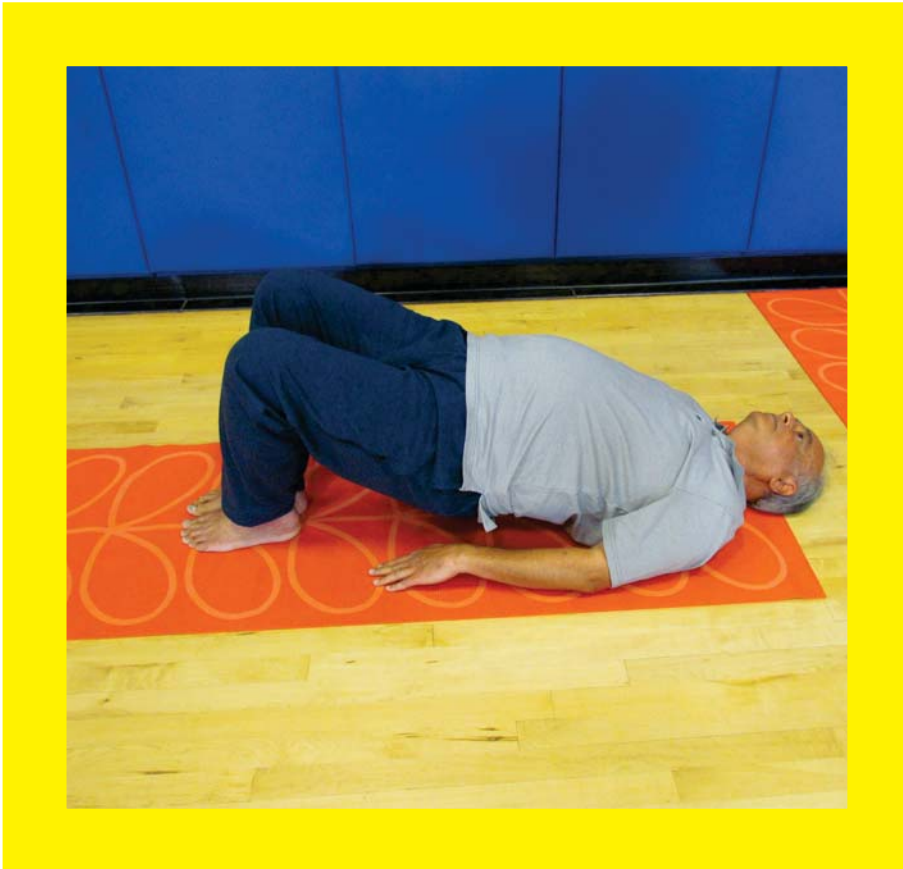
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8. PLANK POSE



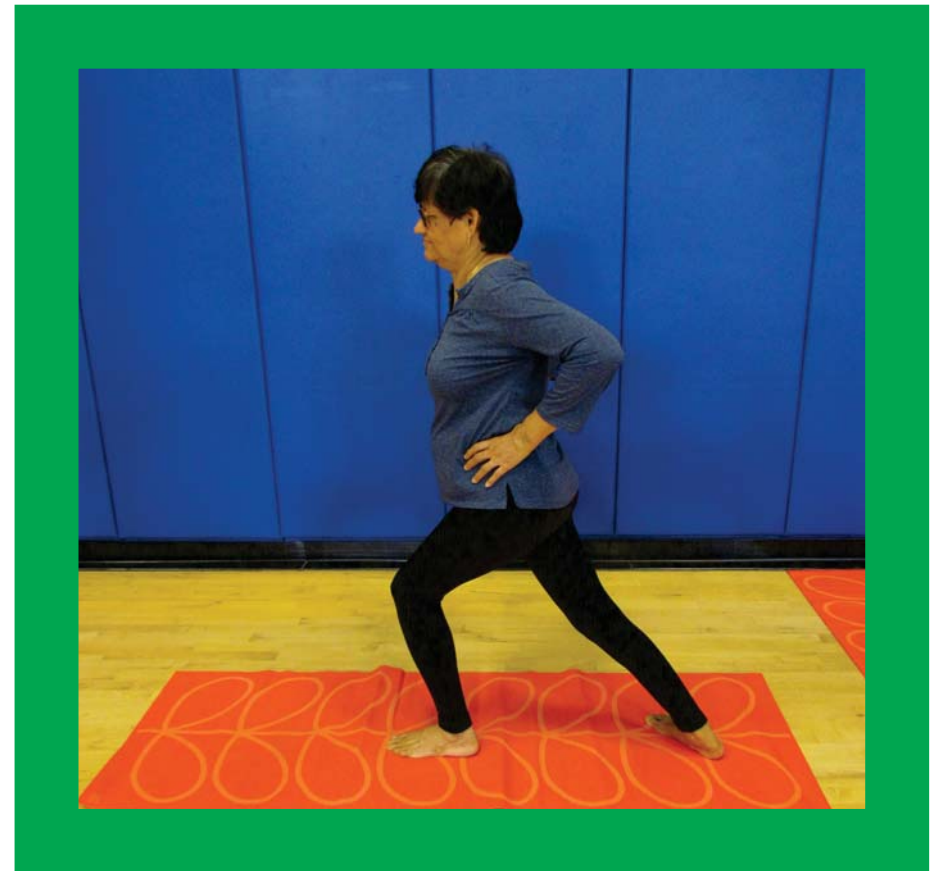
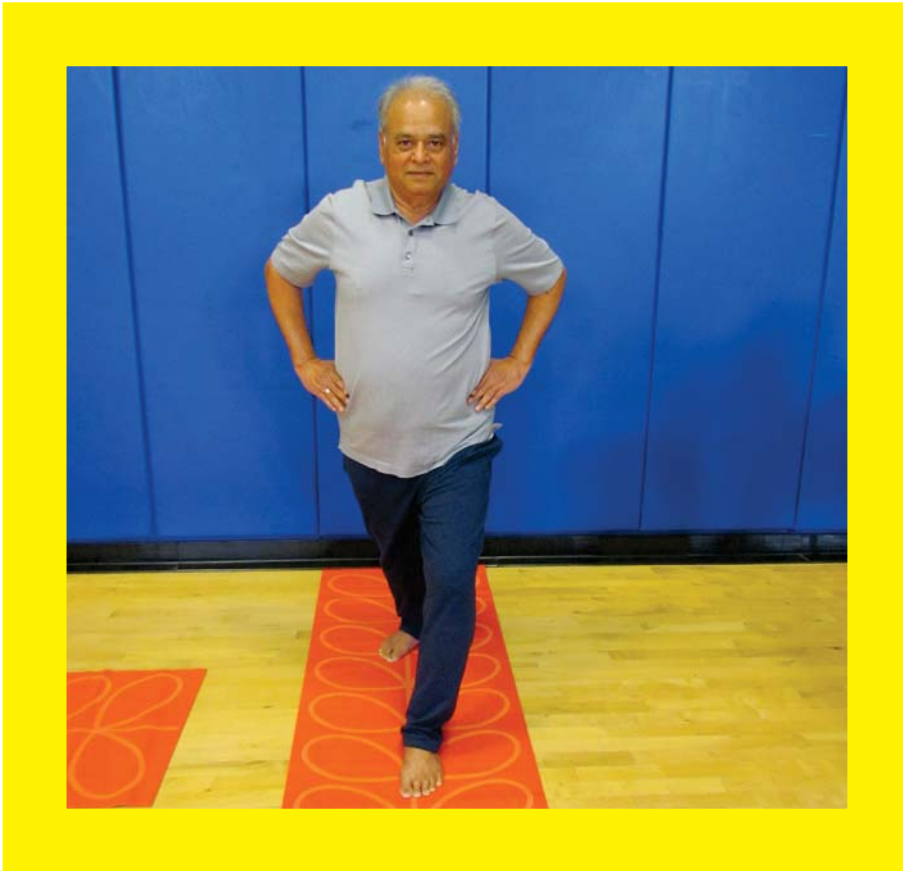
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9. BASIC BRIDGE EXERCISE



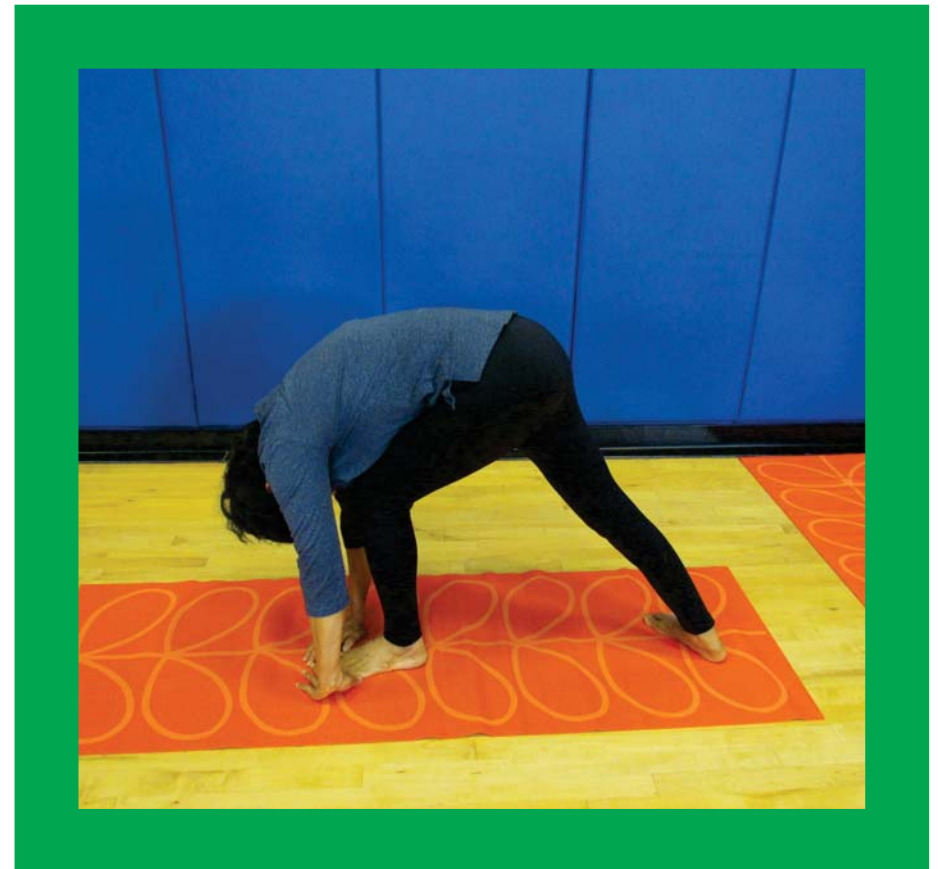
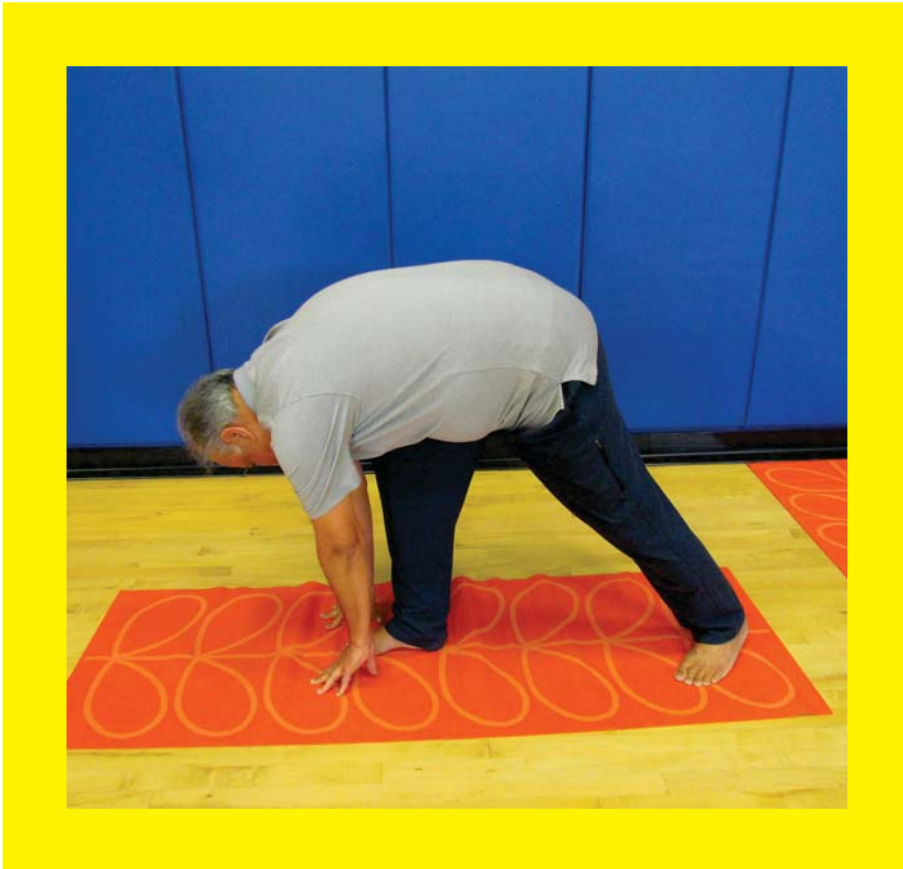
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10. STANDING LUNGE



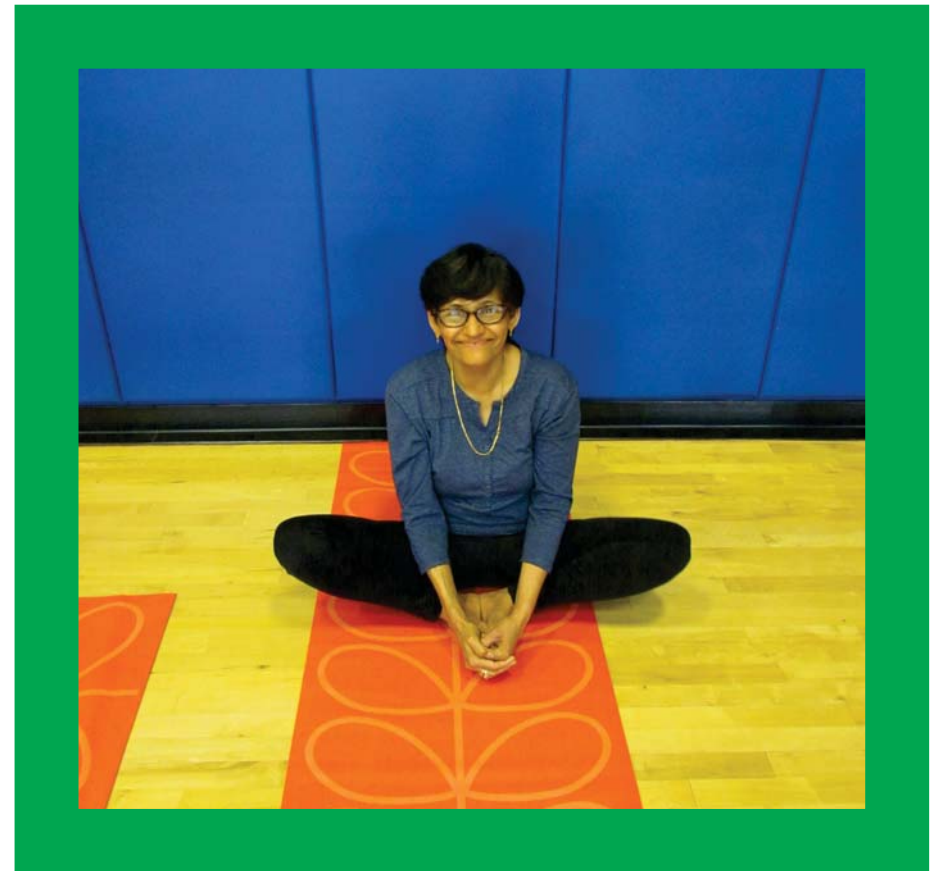
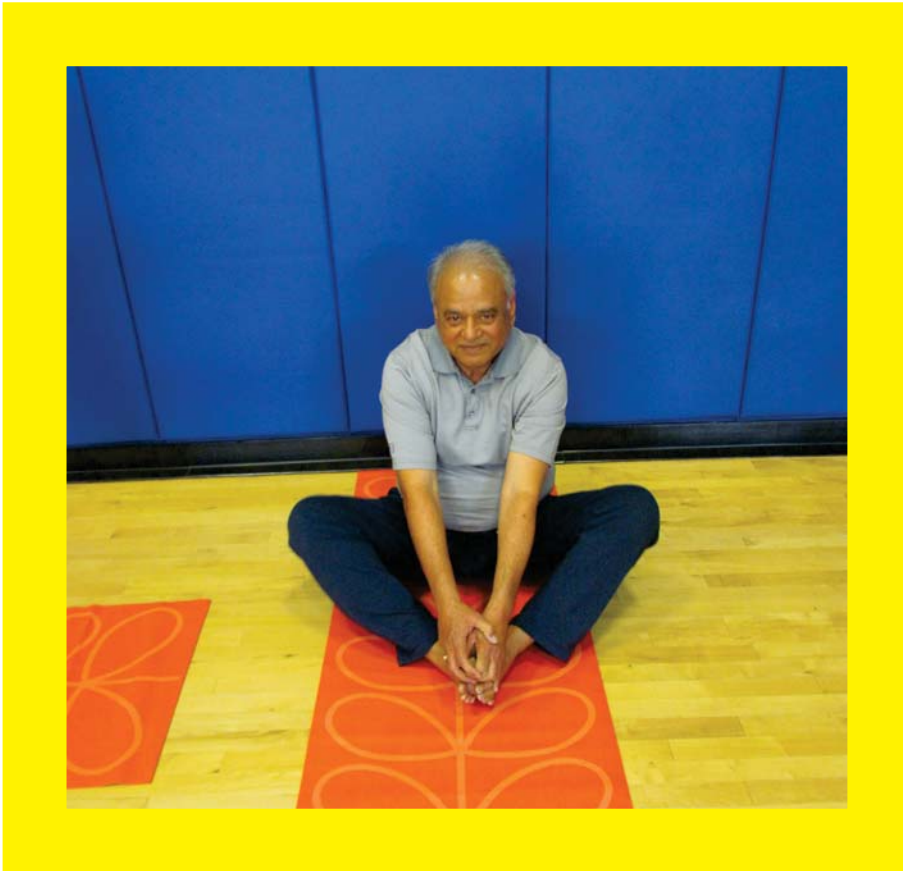
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11. PYRAMID POSE



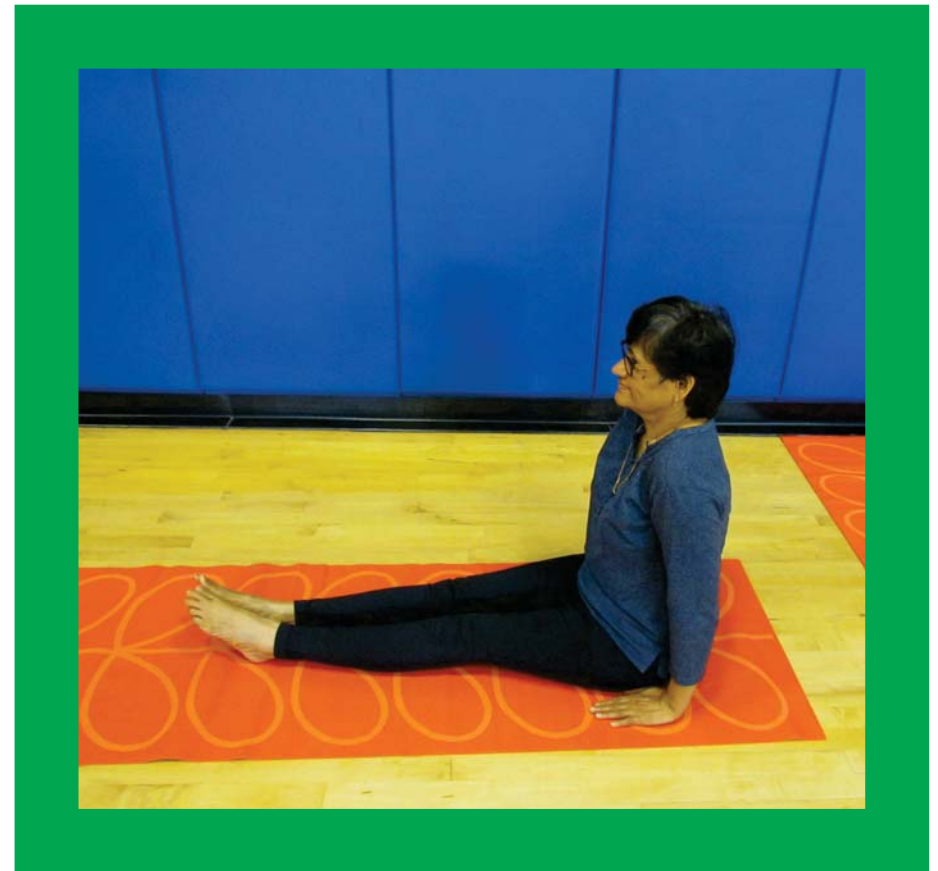
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12. COBBLERS POSE



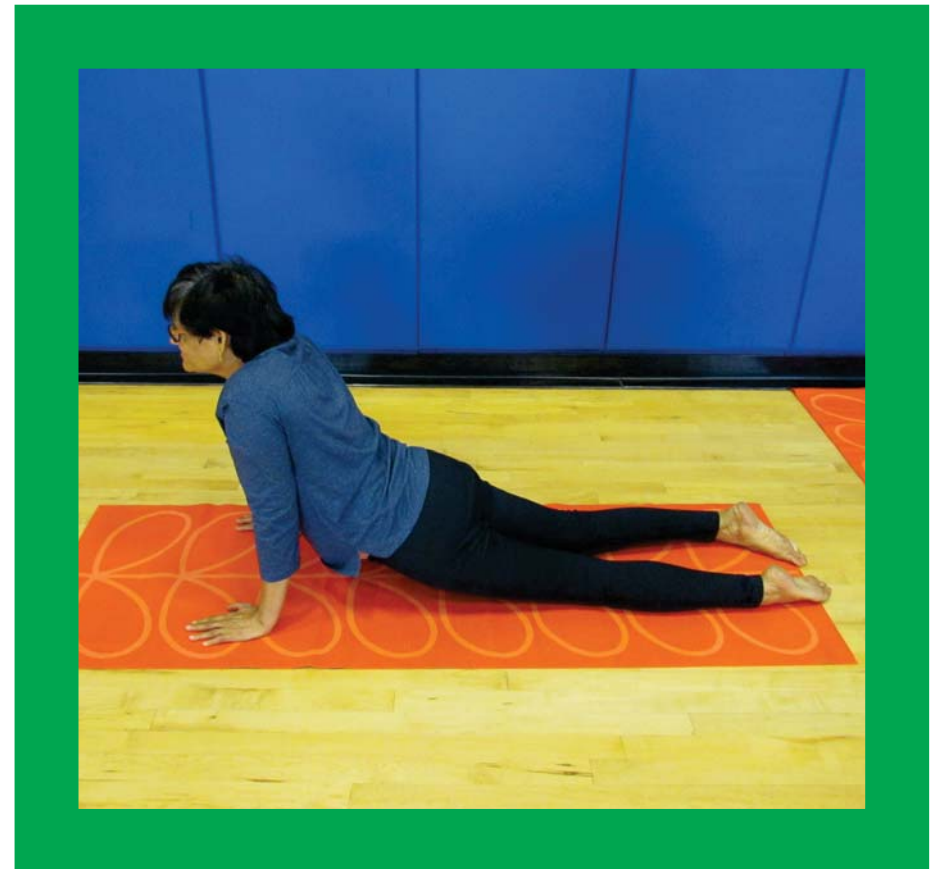
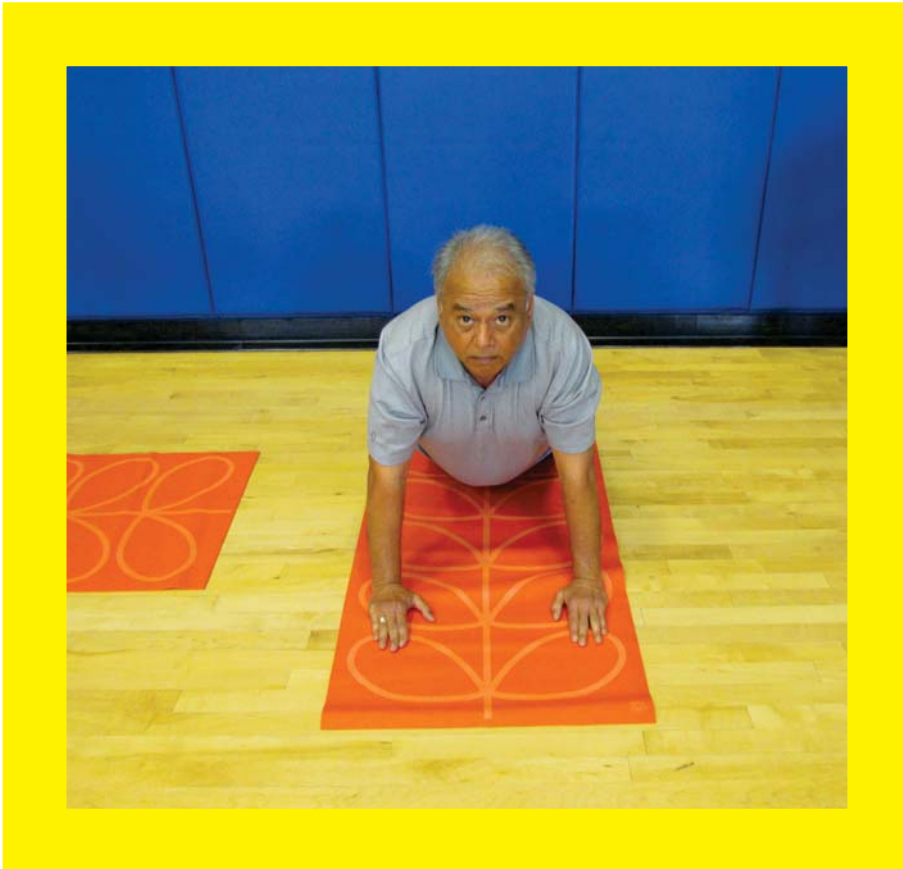
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13. STAFF POSE



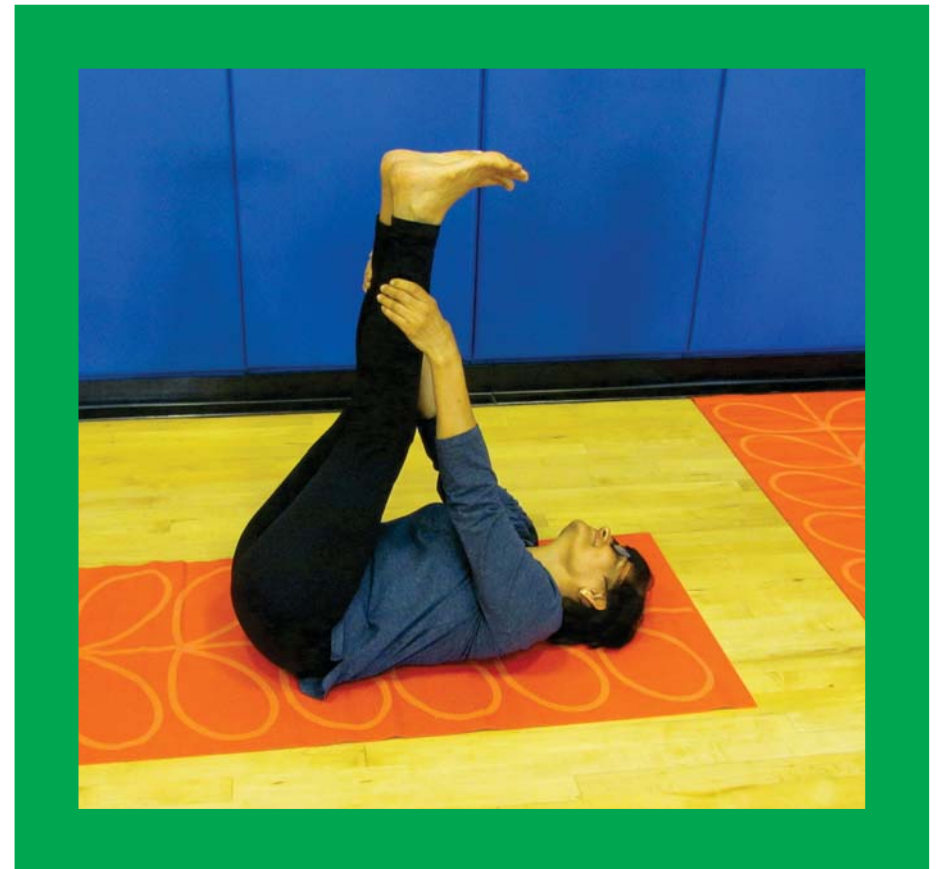
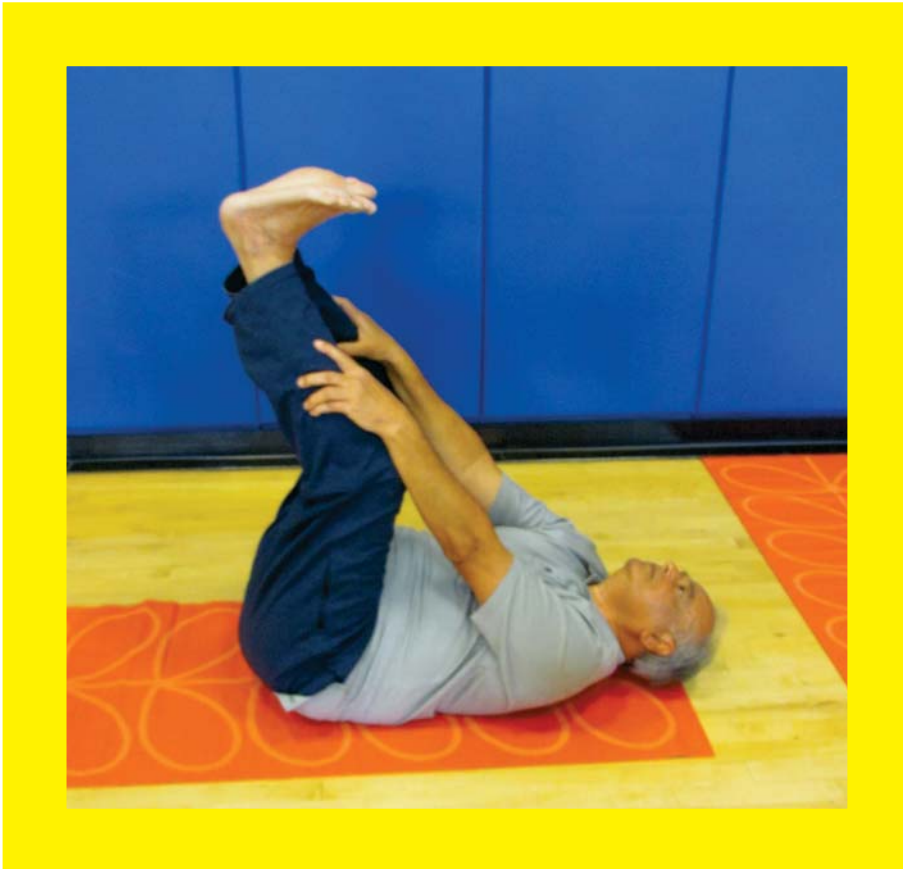
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14. COBRA POSE



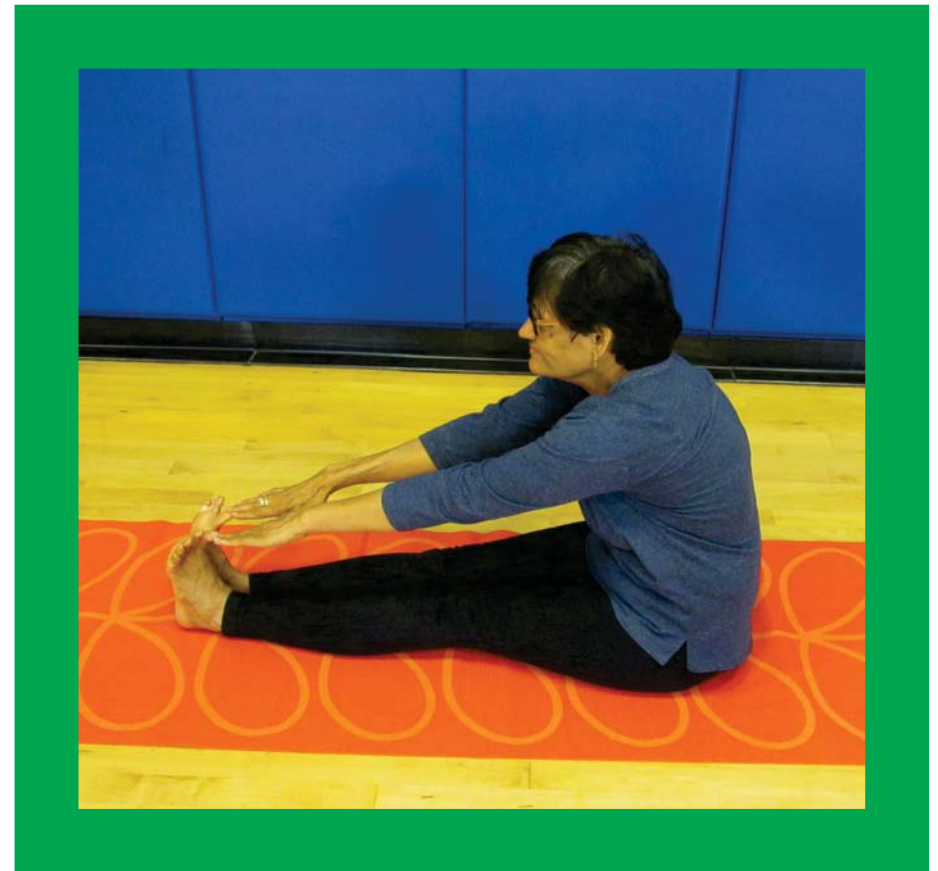
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15. HAPPY BABY POSE



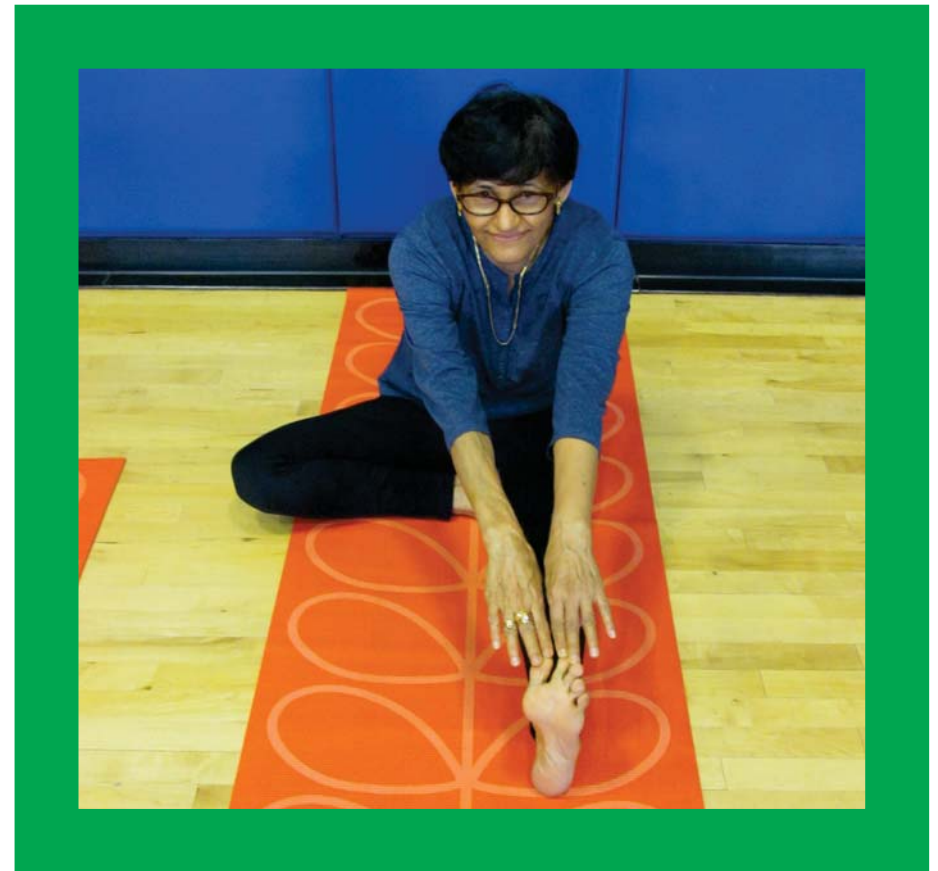
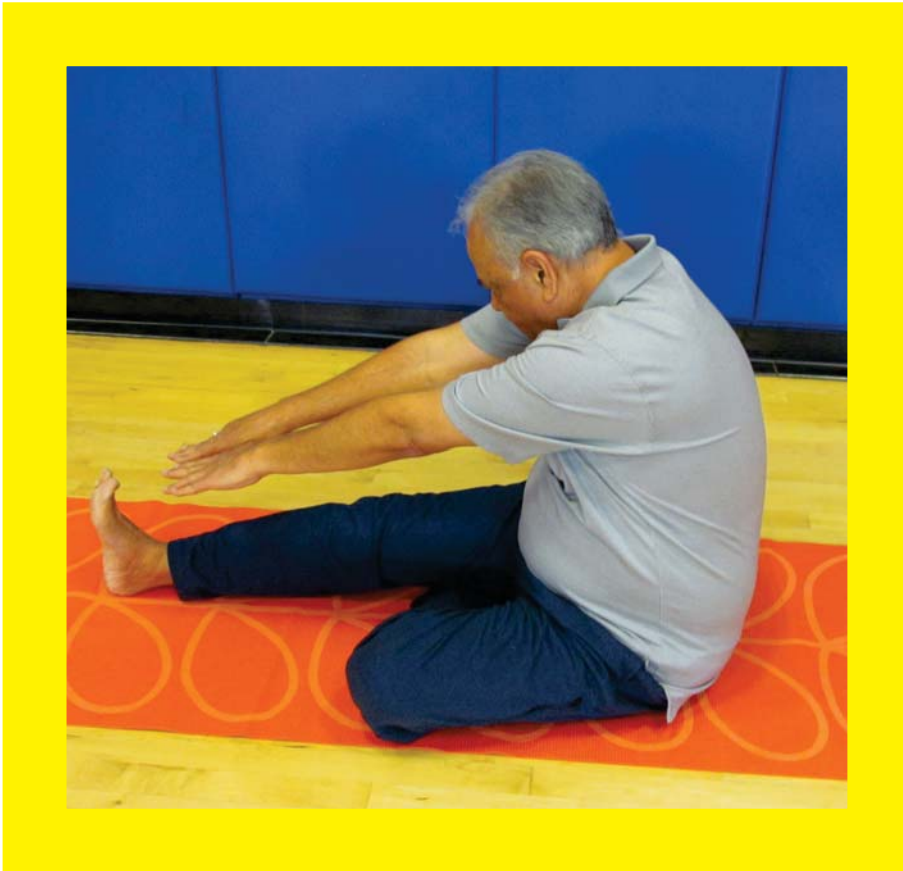
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16. SEATED FORWARD BEND POSE



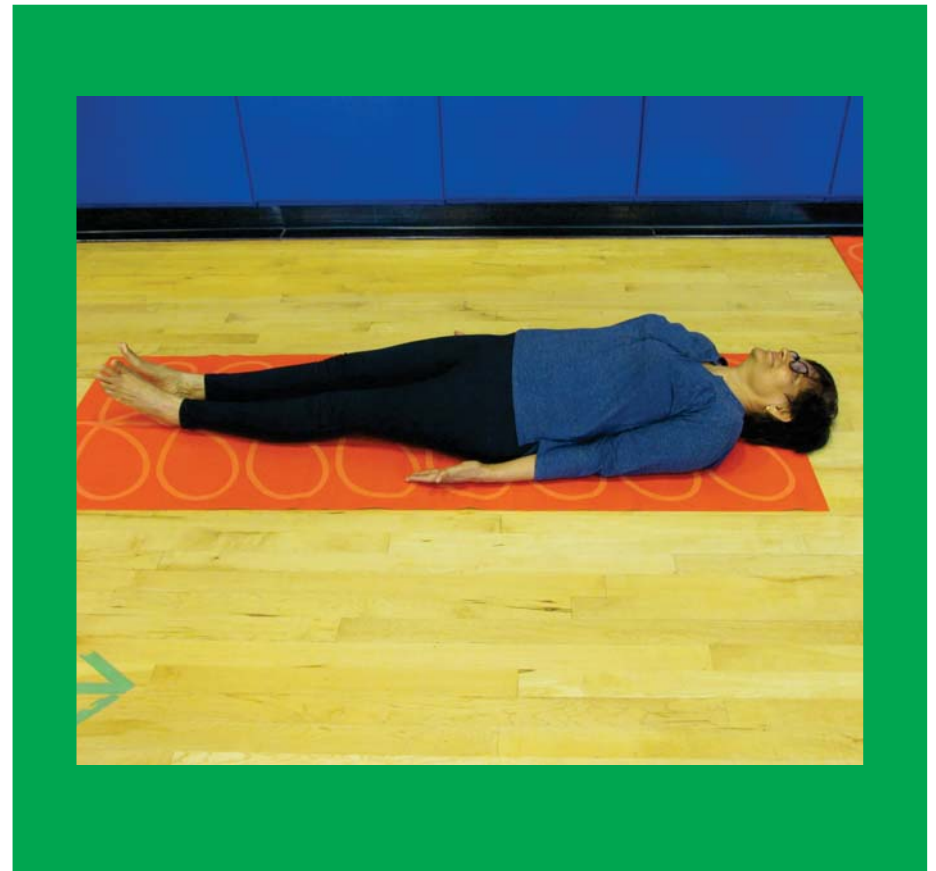
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17. HEAD TO KNEE POSE



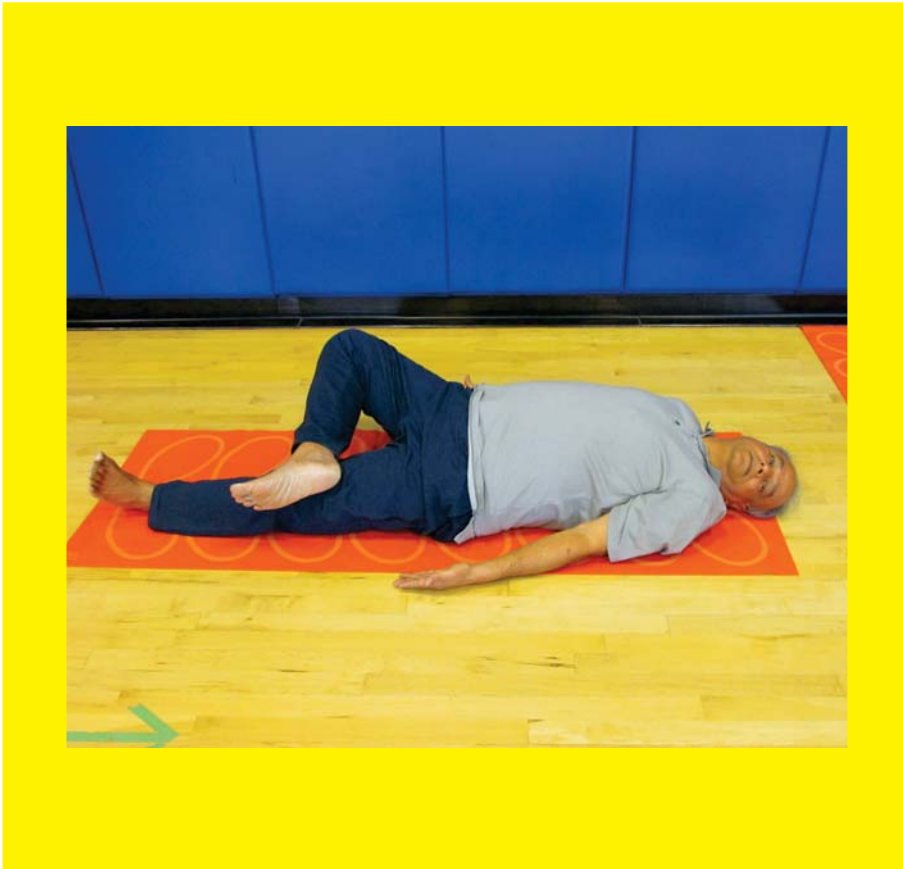
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18. CORPSE POSE



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19. SUPINE SPINAL TWIST



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20. CHILD'S POSE



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Services Important Numbers

Police Fire Ambulance.....	911
City of Toronto Services & Programs.....	311
Community Information Toronto.....	211
Toronto Police Services (Div #23).....	416 808 2300
Toronto Police Services.....	416 808 2222
Crime Stoppers & Report a Crime.....	416 222 8477
Rexdale Women's Centre.....	416 745 0062