

C a p t i o n e d M e d i a P r o g r a m

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#10607 ELDER-YOGA

TERRA NOVA FILMS, 2003
Grade Level: Adult
68 Minutes

CAPTIONED MEDIA PROGRAM RELATED RESOURCES

[#8001 SMART EXERCISE](#)

[#9629 CARDIOVASCULAR FITNESS](#)

[#9742 FLEXIBILITY](#)

[#10134 THE BEST OF HEALTHY LIVING](#)

[#10371 SUCCESSFUL AGING: FITNESS AND NUTRITION](#)



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Elder-Yoga[™] PLUS...

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- * GUIDELINES
- * LIST OF EXERCISES
- * INDEX OF BENEFITS
- * ADDITIONAL EXERCISES

REMEMBER to:

1. Consult your physician before starting this or any exercise program.
2. Use a sturdy chair.
3. Listen to your body.
4. Do only what feels comfortable.
5. Take extra time to rest as needed.
6. Be gentle with yourself.
7. Relax and enjoy!

EYES can be **OPEN** or **CLOSED** while sitting. **OPEN** eyes while standing - for better balance. During “mini-vacation” near end of session, **CLOSE** your eyes to imagine a natural setting - or **OPEN** to see the natural scenes on the video.

YOGA BENEFITS include improved:

Awareness and Alertness
Balance and Breathing,
Concentration and Coordination,
Deep Relaxation for
the Mind and Body,
Energy and Endurance,
Flexibility and Focus,
and much more,
including improved:
Memory,
Self-confidence
and Self-esteem

REMEMBER:

1. to be comfortable
2. to listen to your own body
3. do whatever feels right for you
4. that all suggestions are just that, suggestions, and your body will know what it needs.

The instructions and advice presented in this booklet are in no way intended as a substitute for medical counseling.

The word “YOGA” means UNION.

It helps bring a sense of **BALANCE** to all of who we are:
BODY, EMOTIONS, MIND and SPIRIT.

Some of the **FUNDAMENTAL PRINCIPLES** Include:

1. “**NON-VIOLENCE**” – to do whatever you do without harm to yourself or others.
2. “**TRUTHFULNESS**” – to listen to your own inner truth, that Inner wisdom, that knows what you need.
3. “**MODERATION**” – to find that happy medium, to stretch without overdoing, without stress or strain or pain.
4. “**CONTENTMENT**” – to appreciate yourself, and to appreciate what you are able to do.

LIST of EXERCISES on VIDEO:

Section 1

SITTING

- A. Relaxation
- B. Ting sha bells; Aah, ooh, mm, aum
- C. Head forward; side to side
- D. Ear to shoulder; side to side
- E. Magic trick: thumb/neck

Section 2

- A. Rocking forward and back
- B. Moving from side to side
- C. Rotations
- D. Dolphin; Turtle

Section 3

STANDING OR CONTINUING TO SIT:

- A. Shoulder shrugs
- B. Robin's breath
- C. Lift one arm, then the other; alternating one arm up as other comes down
- D. Twisting side to side
- E. Knees side to side
- F. Monkey's breath
- G. Ha ha breath

Section 4

SITTING:

- A. Hands:
 - 1) Fist: open and close
 - 2) Rotate at wrists
 - 3) Shake out like butterflies
- "Mudras" (pronounced "moodras")
- B. Hands together, forward/back
- C. Arms side to side, smile
- D. More mudras:
 - 1) vitality and vision
 - 2) ears, hearing
 - 3) sleep
 - 4) memory

Section 5

Legs: first one leg and then the other

- A. Lift one leg and bounce gently
- B. Lift leg and point toes and heel
- C. Lift leg and rotate at the ankle
- D. Lift leg and rotate whole leg from center to side
- E. Keeping knees bent, lift leg up and down

Section 6

- A. Twist
- B. Sun salutation
- C. Honoring the earth and elements
- D. Figure 8's

Section 7

- A. Breathing
- B. Relaxation
- C. Mini-vacation

Section 8

- A. Energizing breath
- B. Massage
 - 1) hands
 - 2) face
 - 3) scalp (if comfortable)
 - 4) back of neck
 - 5) shoulders
 - 6) crossing arms in front
 - pats on back
 - hugs

Section 9

- A. Ting sha bells
- B. Ommmm
- C. Shanti, shanti, shanti
- D. Peace, peace, peace

ADDITIONAL EXERCISES:

For flexibility of EYE MUSCLES:

1. Lift right arm in front to shoulders' level, index finger pointing up. Keep the head still, chin parallel to the floor. Bring hand closer to chest, following with the eyes, and again into the distance. Repeat a few times, breathing freely. Relax the arm down.
2. Repeat with left arm; this time look beyond the finger as far as you can see across the room. Repeat a few times, breathing freely. Relax the arm down.
3. Without moving the head, look up and down; side to side

INDEX of AREAS BENEFITTED:

Exercises that help:

Section and Exercise:

Ankles	3E; 5A,B,C
Arms	3A,B,C,D,F; 4A-C; 6A-C
Back	1C; 2A-D; 3D; 6A-C
Calves	3E; 5A.B.C.D.E
Eyes	4A; 6D
Feet	3E; 5A.B.C.D.E
Fingers	1E; 4A,B,C,D
Front	2A,B,D; 3B,C,D; 6A,B,C
Hamstrings	3E;5A,B,C,D,E
Hands	1E; 3C; 4A,B,C,D; 6B,C
Head	1C,D,E; 2A,B,C,D; 6D
Hips	3D,E; 5A,B,D,E
Knees	3D,E; 5A,B,D,E
Legs	3D,E; 5A,B,C,D,E
Neck	1C.D.E; 2A-D; 4C; 6A,B
Shins	3E; 5A.B.C.D.E
Shoulders	1C,D; 2A-D; 3A-F; 4B,C 6A,B,C
Sides	2B,C; 3D,F
Waist	2C; 3D,F; 6A
Wrists	3C,F; 4A,B,C