

Why is Chair Yoga good for you?

- It is accessible to everyone, no matter your age or physical ability
- Slowly eases the person into an exercise program and opens the door to other forms of exercises.
- Strengthens proprioception - the skill of knowing where your body is in space, and coordinating your movements accurately, stability for those with balance issues to prevent falls.
- It is gentle and soothing on the joints, especially for those suffering from lower back pain, sciatica or other forms of chronic pain.
- Raises metabolism and improves blood flow to all parts of the body; excellent for those with circulation problems who experience numbness and tingling sensations in the extremities, or for those who lead a sedentary lifestyle.
- Strengthens the bone density, lean muscles, and muscles surrounding joints.
- Can bring down blood pressure, cholesterol, sugar and triglyceride levels with daily practice to lessen the impact of chronic illness.
- It lessens anxiety and cortisol levels.
- Can enhance walking ability, and the quality of life in people with Multiple Sclerosis (MS).
- Uses breathing technique designed to increase lung capacity, relaxes the neck muscles, and improves body posture for those struggling with breathing problems.
- The exercises given are pain relieving, reduce stiffness, and lower levels of fatigue.
- It increases endorphin levels, and thereby has a significant impact on mood, can enhance mental clarity and gives better sleep.
- Considered another way to meditate and acquire inner peace through the breathing and relaxation poses.