

Types of Yoga

Ananda yoga focuses on gentle poses to create proper body alignment and controlled breathing.

Bikram yoga is conducted in a heated environment (up to 105 degrees) and promotes muscular strength and endurance.

Hatha yoga is an easy to learn, basic form of yoga. It includes various poses, breathing techniques and meditation.

Iyengar yoga is done slowly and uses props like straps, pillows and cushions to enable everyone to practice.

Kundalini yoga focuses on awakening the energy at the base of the spine, and incorporates chanting and breathing exercises.



Schofield Adult Wellness Center

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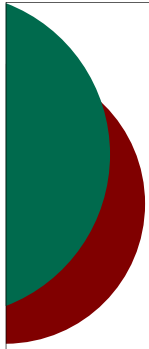
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YOGA FOR SENIORS





Yoga is a low-impact activity that can help older adults maintain balance and flexibility. It can alleviate stress, build strength and increase stamina. Breathing techniques can increase lung capacity and some poses can help improve posture and lead to better sleep.

Yoga has even been shown to lower blood pressure and boost the immune system. Some recent studies have shown that yoga can improve memory and increase energy levels.



Yoga poses can be done anywhere — on the floor or in a chair, bed or wheelchair. Props like pillows, straps or blankets can help seniors hold the poses, which are done gently and slowly.

You can find beginner classes in fitness centers, some senior centers and continuing education programs.

Visit your public library for books on yoga or check these websites for more information about the health benefits of practicing yoga:

www.webmd.com

www.medicinenet.com

www.mayoclinic.com

Watch yoga instruction videos online:

www.myyogaonline.com

The following television channels feature shows on yoga instruction:

Fit TV (Namaste Yoga)

WNED-TV (Wai Lana Yoga)