



# SILVER SALTIES

## Yoga & Mindfulness

**Objective** To promote physical health including flexibility, strength, and balance as well as mental health through a series of yoga poses and mindfulness activities at the park near the beach.

### Duration

30min – 45mins

### Frequency

1+ session a week

### Program

5 - 10 weeks

### Place

SLS Club meeting point near park/green space

### Intensity

Moderate. Suitable for participants who, at a minimum, have good mobility e.g. independent mobility and good range of movement, and sound fitness..

## A Typical Session

- Welcome, introductions, group check in, safety and motivation by SLS Club Leader. This may involve introducing the yoga instructor – 5min
- Warm-up including slow gentle activities – 5min
- Yoga poses and mindfulness techniques - 15-30min
- Cool-down including gentle stretches – 5min
- Social activity – Participants can choose to stay and enjoy a coffee/tea at the clubhouse or a nearby café.

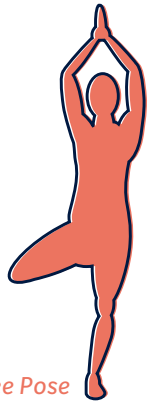
## Safety

### All participants should:

- Consult with their doctor before participating
- Bring any medications, asthma puffers, and water
- Wear comfortable clothing suitable for getting down to ground level, bending and stretching.

## Yoga Tips

- ✓ Bring a yoga mat or large bath/beach towel/mat to use on the grass/sand.
- ✓ Wear easy-to-remove shoes e.g. sandals as yoga is usually done without shoes. Alternatively bring a shoe bag to put any running shoes and socks in during the yoga session.
- ✓ Keep breathing during yoga poses – don't hold breath!



Tree Pose

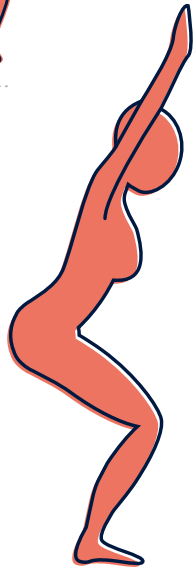
### Yoga Poses

There is a range of safe and appropriate yoga poses which could be used during the session including:

- Mountain pose
- Tree poses
- Chair pose
- Sphinx
- Cobbler's pose
- Bird dog
- Savasana
- Rag doll
- Warrior pose



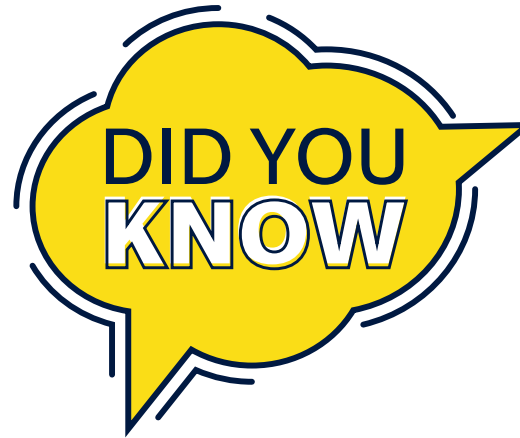
Warrior Pose



Chair Pose

The yoga instructor will demonstrate and explain how each position should look and feel, how to 'switch on' various muscle groups during each pose, and the most effective breathing pattern to use while performing yoga poses.

Generally, a yoga pose may be held for 10+ seconds.



Lotus Pose

Many Australians start practicing yoga for health and fitness or back, neck and shoulder problems but often continue practicing for stress management.

Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3410203/>, viewed 21/08/19

One in 10 (14+) now do Yoga, up from one in 20 in 2008. Back then, aerobics was the more popular fitness activity; today, more than twice as many people do yoga as aerobics.

Source: <http://www.roymorgan.com/findings/7004-yoga-is-the-fastest-growing-sport-or-fitness-activity-in-australia-june-2016-201610131055>, viewed 21/08/19



### Benefits

Yoga can help people maintain their balance, keep their joints flexible, maintain bone health and muscle mass, as well as learn how to maintain positive mental health.

Source: <https://www.doyouyoga.com/7-yoga-poses-for-seniors-49052/>, viewed 21/08/19

### Mindfulness Activities

The yoga instructor will include techniques to encourage participants to 'quieten' their minds and bring one's attention to experiences happening in the present moment.

For example:

- Focus on breathing and different breathing patterns
- Peaceful music
- Visualisations e.g. "Go to your happy place!"
- Humming, repeating words, or reciting a saying
- Imagining being a peaceful animal, water course, or floating object etc.