

Chair Group - Care plan

Yogic Wisdom: Ahimsa - Choosing options that benefit the aging body

Centering: Breath awareness

Warm-ups:

1. Eye movements - Vertical, Horizontal, Circle
2. Joint Activation Practices for All
 - a. Joint Activation Practices for All in bed or standing or sitting
 - b. Neck movements - Cervical Flexion/Extension, Rotation R/L, Lateral FI/Ex
 - c. Spine - Spinal FI/Ex, Rotation R/L, Lateral FI/Ex
 - d. Pelvis - Pelvic Rocking, circling, torso circles around stationary pelvis
 - e. Fingers/Hands - Finger Abduction/Adduction, Flexion/Extension
 - f. Wrists - Wrist Flexion/Extension, Radial/Ulnar Deviation
 - g. Elbow - Elbow Flexion/ Extension, Forearm Pronation/ Supination
 - h. Shoulder - Shoulder Flexion/Extension, Abduction/Adduction, Horizontal Abduction/ Adduction, Shoulder Internal/External Rotation, Shoulder Circumduction
 - i. Scapula - Elevation/ Depression, Protraction/ Retraction, Medial/Lateral Rotation
 - j. Toes/Foot - Toe Abduction/Adduction, Toe Flexion/Extension
 - k. Ankle - Plantarflexion/ Dorsiflexion, Inversion/ Eversion, Abduction/Adduction of foot
 - l. Knee- Knee Flexion/Extension
 - m. Hip - Hip Flexion/ Extension, Hip Abduction/ Adduction, Hip Internal/ External Rotation, Hip Circumduction
3. Sun salutations (Standing SS with chair or seated SS in chair)

Asana:

1. Balance: Tree pose
2. Backbend: Standing Locust pose with chair
3. Forward bend: Padahasthasana with chair
4. Inversion: Downward dog with chair
5. Twist: Seated twist in chair

Yoga nidra: in chair or lying down on the bed

Breathing practices: Breath awareness, extended exhalation

Meditation: Guided meditation: Earth and heaven meditation