



Wednesday, November 11, 2020

Dear Kathleen Pratt,

Thank you for participating in the Chair Yoga for Seniors with Kathryn Anne Flynn, Mona Warner, and Erin Bidlake from September 30 – November 4, 2020.

This 6 week program course consisted of 16 hours of lecture, discussion and practice. Programming included examining the senior citizen demographics in Canada, including characteristics of aging population and general overviews of statistics, health, and wellness challenges relevant to seniors.

We took an evidence-based approach to the benefits of yoga for these groups, considering the benefits of yoga for brain health, balance, and improved mobility. Lecture explored the challenges of aging – mechanical and functional, including outlines of the condition, risk factors, and how yoga practice can intervene. Yogis learned guidelines related to pain and restrictions, conceptualizing chronic pain in a supportive manner, and how to practice chair yoga for chronic pain.

Posture clinics and lecture reviewed how to adapt yoga for chair-based practice, as well as what to expect in a chair yoga class, how to set up, and how to approach teaching.

We reviewed the Ayurvedic lens on ageing and supportive practices for ageing well (*rasayana*).

Thank you for choosing to spend your time and training investment with us. It's so very appreciated.

Warmly,

Kathryn Anne Flynn

