



Community Education

Chair Yoga for Balance

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Course Description:

A class designed especially for seniors and students who wish to receive the benefits of yoga while using chair for balance and stability. Each class will include a warm-up, simple and functional yoga poses and a comfortable relaxation exercise. Benefits include increased balance, strength, flexibility, range of motion and stress relief.

Learning Outcomes: *As a result of taking this course, students will:*

- Students will learn and come to understand yoga solutions for healthy aging.
- Students will learn how to use yoga props to relax and replenish vital energy reserves.
- Students will learn the importance of keeping cardiovascular and skeletal systems healthy.
- Measuring goals for this course will be based on weekly feedback from students and by course evaluations at the end of the class.

Selected Bibliography/Resources:

Below you will find recommended references and online links to give you more information about the topics of this course. If you have a special interest on a topic we discuss, please ask me for further references.

Video: "AM &PM Yoga Workouts for Seniors" by Liliias

Book: "The New Yoga for Healthy Aging" by Suza Francina

Class Evaluation: Class evaluations are sent by email. Sometimes the email will be delivered to your "junk mail," but we can assure you it's from Clark College only. Your responses are completely anonymous. If you do not see your evaluation immediately after class, look in your junk mail and send it to your email address. If you do not receive an evaluation, please email Continuingeducation@clark.edu or call 360.992.2939.

Inclement Weather: If the College cancels due to icy conditions you can find this on the college website www.clark.edu ~ If Community Education concludes that the weather is too hazardous we may also decide to cancel this class. In that case you will receive both a phone call and email. Make certain that we have your correct contact information by viewing the class roster.

Looking for classes? Visit our Community Education webpage: www.clark.edu/cce/