

SilverSneakers Yoga Sample Class

SilverSneakers Yoga classes link movement with breath. In Yoga, we use a perceived of exertion scale of 1 to 3 to help us progress through the work today. A one is breathing comfortably, relaxed. Two is feeling the work, focusing on the breath. Three is not feeling comfortable. Three provides the necessary awareness to make adjustments and return work to a more comfortable place.

Pre-class instructions:

- It's important that we respect our bodies. Please feel comfortable to transition into and out of poses as you need to.
- You are very welcome to do any and all of the work from a seated position.
- Breath comfortably and continuously throughout the class.

Be sure to cue for breathing, posture, hydration and perceived exertion.

Warm-Up and Range of Motion

Cues:

- If comfortable, begin to breathe in through you nose and exhale through your nose.
- Inhale a little deeper; exhale a little longer. Take 3 slow, purposeful, deep inhale and exhalations.
- Inhale, grow tall; exhale, draw chin towards chest. Inhale, life chest parallel to floor, exhale turn to right. Inhale to center. Exhale to left. Return to center.
- Inhale shoulders up and back; exhale slowly down; repeat 2 more times.
- Inhale, circle sweep up, exhale, close palms press towards each other in front of chest.
- Inhale lift leg under thigh; breathe through ankle rotations; inhale flex; exhale point. Inhale grow tall, exhale release leg back down. Other side.
- Seated forward in chair

1. Cat/Cow

- Sit forward in chair, chest tall, hands on thighs palms down
- Inhale, lengthen spine
- Exhale, round spine into the letter "C" > add on alternating lifting one knee up on the exhalation and rounding of spine, support under the knee, release and set back down to the floor on inhale and length

2. Airplane

- Sit forward in chair, chest tall
- Inhale, lengthen spine
- Exhale, hinge forward from the hip halfway, reaching arms long behind you, palms facing in and towards each other

3. Lateral flexion

- Sit forward in chair, chest tall
- Inhale lengthen spine and reach one arm up towards ceiling, palm facing in
- Exhale into side lean towards arm that is down
- Inhale and lengthen
- Exhale circle sweep arm down repeat other side

4. Combination flow of above

- Inhale lengthen

- Exhale round spine while lifting knee
- Inhale lengthen and release
- Exhale hinge forward into airplane
- Inhale lengthen spine and reach one arm up towards ceiling
- Exhale into side lean
- Inhale reach tall
- Exhale circle sweep down
- Inhale lengthen spine and reach other arm up towards ceiling
- Exhale into side lean
- Inhale reach tall
- Exhale circle sweep down
- Repeat

Reach to the side and get a drink of water. Are you feeling like a 1, 2 or 3? Option to progress to a standing position, towards the back of the chair but on the side; chair is diagonal arms distance away (room front/back; side/side).

5. Moonflowers

- Stand with feet wide, toes turned out to “10 & 2 o’clock”
- Inhale lengthen while reaching arms up and at a diagonal “V”, palms facing in
- Exhale bend knees into plie squat, lowering weight straight down while drawing elbows towards hips/ribcage
- Repeat

6. Sunflowers

- Stand with feet wide, toes turned out to “10 & 2 o’clock” from tall, lengthened position of moonflowers with arms reaching up at a diagonal
- Exhale circle sweep arms down, lower into plie squat
- Inhale circle sweep back up tall
- Repeat

7. Side lunge

- Finish above with lengthened legs and a circle sweep of arms down
- Inhale, lunge to the right, bending the right knee and keeping the left straight, knees relaxed; sweep left arm across chest towards right side
- Exhale, straighten both legs as you return to center, sweeping left arm back across body and out to left side in a half chest opener
- Repeat other side
- Option: Sweep overhead
- Option: Follow fingers with eye gaze and deeper spinal rotation

Work

1. Chair Pose

- Stand with feet shoulder width apart
- Inhale lengthen
- Exhale sit weight back into heels; press big toes into the floor, push hips back, keep heart lifted
- Option: Hold onto the chair; hands heart center; circle sweep out and up, circle sweep out and down

2. Pyramid Pose

- Step right foot back half way in a semi-tandem position; both toes and heels facing forward; press both heels and toes into the floor
- Inhale for length
- Exhale hinge forward from the hip; choose depth appropriate for you; lengthen spine and keep head above heart
- Option: Hold on to the chair; hands on hips; reach arms back, palms facing in

3. Lunge

- Step back a bit farther with the right foot; back heel lifted
- Inhale for length
- Exhale, bend knees and lower to the floor; remain tall, like you are a carousel horse flowing up and down
- Option: Hold on to the chair; hands on hips; hands heart center (prayer pose); arms extended towards ceiling, palms facing in
- Repeat other side

4. Option to combine Chair Pose and lunge

- Begin in chair pose; inhale lengthen
- Exhale sit into squat with arms reaching forward
- Inhale circle sweep arms stand tall
- Exhale hands together in front of heart while stepping right foot back into lunge
- Inhale extend arms up towards ceiling while standing tall
- Exhale circle sweep arms and reach forward while bringing feet back to chair stance and sitting into chair
- Repeat other side, alternating the flow

Move to standing behind the chair

5. Warrior 2

- Step feet wide; turn the right toes towards the side wall; turn the left toes towards the front of the room
- Turn hips towards the front of the room; bend right knee and keep left leg straight, knee relaxed
- Lift chest tall and align shoulders over hips
- Option: Hold onto the chair, place hands on hips, or extend arms out to the sides of the room, parallel to the floor and palms down
- Option: Rotate neck and bring gaze in direction of bent knee (changes balance/focus)

6. Reverse Triangle

- From Warrior 2, straighten right leg; rotate right palm up; rotate heart/chest towards right arm; lift right arm towards ceiling while lifting heart; back hand/arm reaches toward the left ankle
- Option: Hold onto the chair, place hands on hips, or extend arms out to the sides of the room, parallel to the floor and palms down
- Option: Bring eye gaze is towards inside of right elbow

7. Warrior 1

- Return to Warrior 2, lift left heel and pivot slightly towards the back left corner of the room
- Rotate hips and heart toward the bent right knee roll shoulders back and down
- Keep heart/chest lifted
- Option: Hold onto the chair, place hands on hips, palms heart center (prayer pose); or extend arms up towards ceiling, palms facing in

8. Flow

- From Warrior 1, inhale and lift, extending arms to ceiling
- Exhale open arms to sides of room in warrior 2
- Inhale straighten right leg and extend right arm towards ceiling, back arm towards floor
- Exhale return to Warrior 2
- Inhale sweep back (left) hand towards front (right hand)
- Exhale draw palms in towards heart center (prayer pose)
- Pivot towards the front of the room, toes at “10 & 2 o’clock”; hip circles to release any tension
- Repeat above on other side

Get water – PE Check

Cool-Down

(Step in to center; remain behind the chair)

1. Tree Pose

- Stand with feet hips distance apart; rotate right toes toward right side of the room bring heel in to touch inside of left heel
- Lift right heel off the floor and slide right foot in so that heel rests against inside of left ankle, keeping right toes connected to the floor
- Option: Lift right foot off the floor against the inside of the left shin
- Option: Lift the right foot up to the inside of the upper left thigh
- Hands can be on chair, hips, heart center, extended
- Caution: Do not allow the right foot to rest on the inside of the left knee joint

2. Warrior 3

- From tree pose bring hands to chair or place on hips
- Rotate right knee forward and extend right leg with toes touching the floor
- Hinge forward from the hip, maintain a log spine
- Option: Lift back toes off the floor
- Option: Standing leg can have a slight knee bend or be more extended for more effort
- Option: Extend 1 or both arms out to the sides of the room

3. 5-Pointed Star

- From Warrior 3, bring hands to hips or chair, place back foot down to floor, lift heart to stand tall
- Sweep right leg to the side, toes touching floor
- Lift left arm up towards the ceiling, then the right
- Lift right toes off the floor
- Release arms and leg down, step in, repeat other side

Final Stretch

(Seated)

Reach to the side and get a drink of water. Are you feeling like a 1, 2 or 3?

1. Pigeon

- Sit forward in chair, chest lifted, shoulders back and down, feet pressing in to the floor keep left foot on floor, slide right foot next to left then open right knee to the side of the room inhale lengthen; exhale hinge forward halfway
- Inhale stay; exhale return to sitting tall
- Option/progression: Lift right foot on to left shoe laces, rolling right knee out and down

- Inhale lengthen; exhale hinge forward halfway
- Inhale stay; exhale return to sitting tall
- Option/progression: Lift right foot on to left leg above knee; relax hips, gently pressing outside of right knee towards the floor
- Inhale lengthen; exhale hinge forward halfway
- Inhale stay; exhale return to sitting tall

2. Eagle

- From Pigeon, cross right knee over left
- Option: Cross right ankle over left
- Option: Bring feet beside each other, squeezing knees towards each other
- Open arms into chest expansion
- Give yourself a big hug bringing the left arm on top of the right, working to stack elbows (internal bind of upper and lower body)
- Option: Lift forearms bringing the back of the hands towards each other
- Option: Cross at wrists bring palms together
- Inhale lift heart; exhale roll shoulders back and down
- Inhale uncross arms and open to chest expansion; exhale, release arms to sides and uncross legs, returning to feet shoulder width apart

3. Spinal twist

- Inhale for length, shoulders relaxed; exhale rotate chest towards right wall, bringing left arm across body and reaching towards/holding outside of right thigh, and right arm reaching towards back of chair
- Option: Lift right arm parallel to the floor and reach towards back of room inhale for length, exhale and return to center

Repeat the above on the other side

Relaxation

(Sit back in chair)

1. Open and close

- Inhale, float long arms out in front of body
- Exhale, rotate finger tips up, bend at elbows, bring "ball" in towards chest
- Inhale, open hands shoulder width apart
- Exhale, close hands (repeat open-close 3x)

2. Wave hands like clouds

- Continuing to hold "ball" at chest, inhale, rotate chest and "ball" towards right
- Exhale extend arms out in front
- Inhale and sweep left arm across chest, palm out and finger tips towards ceiling
- Exhale bend right elbow with palm facing floor and slide across chest so that finger tips come in towards left elbow; inhale change hands
- Exhale rotate chest and arms to right side; inhale change hands
- Exhale rotate chest and arms to left side; inhale extend arms
- Exhale bring "ball" back in to chest and face front; inhale open hands
- Exhale close hands; inhale extend arms out in front; exhale float arms down to sides

3. Bringing attention back to the front of the room, inhale contentment, exhale a smile. Bring that joy with you and share with others as you enjoy the rest of your day.