

Gentle Years Yoga (GY)

What is GY?

GY is a type of yoga practice that has been modified to be chair-based, making it suitable for older people or those with restricted movement.

What is included in a typical GY class?

- Exercises to mobilise the whole body
- Resistance work
- Specially adapted yoga postures
- Activities to
 - Gently raise the pulse rate
 - Improve coordination
 - Improve balance
- Breathing exercises
- Concentration activities
- Time for relaxation.

All activities can be practised sitting in a chair. (However, standing versions of some postures will also be offered, as optional choices.)

Modifications will be offered for many health conditions that may affect older adults, including arthritis, osteoporosis, high blood pressure and heart problems such as angina.

Carers are welcome to attend the classes.

Is any special equipment or clothing needed?

For each class, you will need

- A firm, stable, upright chair (such as a kitchen or dining chair) to sit on and you can also use this for support when practising any optional standing postures
- For safety, the chair should be placed on a 'sticky' yoga mat or other non-slippery floor surface.

Other items that will be used for some of the classes include:

- A beanbag
- A stretchy resistance exercise band
- A small light ball
- A scarf – preferably a light, floaty one
- One or two 'hand weights'

Don't worry if you don't have any of these items, as you can use alternatives that you may have around the house, such as a dressing gown belt (instead of an exercise band) or tins of beans/soup (to use as hand weights). Please ask me for more details.

Please wear clothing that is warm and comfortable for sitting in and doesn't restrict your movements. Layers can be useful, and you might like to have a cardigan, sweatshirt, or light blanket nearby for extra warmth during the relaxation.

About me

I have been practising yoga for more than 40 years and was awarded the British Wheel of Yoga teacher's diploma in 1992. Recently, I have also completed further specialist training courses in "Gentle Years Yoga" and am currently completing training in "Yoga for Healthy Lower Backs".

While there are ongoing concerns about COVID-19, I will continue to offer classes online, to enable students to practice in their own homes.

More information about GYY

More information can be found on the British Wheel of Yoga website, where you can also find links to a paper reporting the findings of a pilot study of GYY and an article about GYY that was published in the Daily Mirror newspaper.

<https://www.bwy.org.uk/gentleyearsyoga/>

If you would be interested in attending a free taster Gentle Years Yoga online class, please contact me for more information:

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Thank you!
Felicity