

Quarter 2 2023

Objective: Gently mobilize joints and decrease inflammation while also strengthening core stability. Sharpening mental focus throughout.

Section 1: Warm Up - 10 Minutes

- Diaphragmatic Breathing
- Neck Stretches side to side
- Rounding shoulders, resetting posture (baby cat/cow)
- Finger Stretches
- Shoulder Release stretch
- Horizontal Shoulder Strength
- Hip Flexor to Hamstring Stretch
- Transition to Standing

Section 2: Strength and Balance - 20 Minutes

- Yin Flow - Modified Moon Salutation
 - Mountain Pose
 - Palm Tree Pose
 - Side Bend
 - Goddess Pose
 - 5 Pointed Star
 - Extended Triangle Pose
 - Forward Fold
 - Extended Triangle Pose
 - 5 Pointed Star
 - Goddess Pose
 - Side Bend
 - Palm Tree Pose
 - Mountain Pose

Section 3: Reconditioning - 10 Minutes

- Childs Pose
- Table Top to Bear
- Thread the needle
- Hamstring Stretch
- Figure 4
- Final Resting Pose



Program Notes:

All Sections:

Move through the movements keeping in time with the section outlines. Adding or Removing reps as you increase or decrease intensity for participants.

Warm Up:

In 2023 Q2 Release, we find ourselves focusing more on a gentler approach to the warmup. This small movement approach is to help mobilize the body in a joint by joint approach. Simple, small movement patterns designed to bring blood flow into joints helps aid in bringing oxygen to the brain cells as well helping increase circulation and decrease inflammation in the specified joints. Check out this article on why blood flow to the brain is VITAL for our participants:

[https://www.alz.org/alzheimers-](https://www.alz.org/alzheimers-dementia/research_progress/prevention#:~:text=Regular%20physical%20exercise%20may%20be,oxygen%20flow%20in%20the%20brain)

[dementia/research_progress/prevention#:~:text=Regular%20physical%20exercise%20may%20be,oxygen%20flow%20in%20the%20brain](https://www.alz.org/alzheimers-dementia/research_progress/prevention#:~:text=Regular%20physical%20exercise%20may%20be,oxygen%20flow%20in%20the%20brain).

Strength and Balance:

Yoga AMPLIFIED! In this release, we bring in the Modified Moon Salutation.

Normally in Strength and Balance, we program two blocks of exercises with different focuses. We chose to simplify this section to make this portion of the workout a bit easier to remember. In the Modified Moon Salutation we slide in and out of different movement patterns while simultaneously changing hand and foot patterns (enter in the rub your tummy, pat your head thought process) By reducing the amount of moves but making them have interchanging parts, we challenge our participants mental capacity. While the movement patterns are primarily yoga focused, you will find that that these moves help us with posture (Mountain and Palm Tree) leg strength (Goddess and Extended Triangle) and posterior mobility (Extended Triangle, Forward Fold). All of the poses utilize large muscle groups that will increase the core temp, mobility, and also burn calories.

Reconditioning:

Reconditioning takes us into a table top position to help strengthen the knees. This age demographic sometimes finds that kneeling exercises are next to impossible.

By adding these into workouts, it can help our members see benefit in daily activities that take them from ground to standing (like gardening) With options tucked in, like lifting the knees off the ground, we are able to increase focus around strengthening our core. You will notice that we focus on full body mobilization rather than a specific area of focus.