

# Yoga for Seniors

Yoga is a great form of gentle and low impact exercise that teaches participants how to use big movements that provide a gentle stretch to their muscles. Yoga classes, either in-person or online, will be beneficial in keeping your loved-one moving

## **In-Person Classes**

YMCA - multiple locations in the Williamson and Davidson county area offer "Active Older Adult" classes which include options for yoga. They are described as being suitable for every ability level. These classes happen multiple times a week at various locations.

- [Click here to view the schedule for various locations](#)
- In order to sign up for YMCA classes, you do have to be a member. There are reduced membership rates for seniors and there are also some limited opportunities for further discounts through your medicare insurance. Visit your local YMCA location to learn more about what payment options are available to you.

## **Online Classes**

The Parkinson's Foundation has many "Fitness Friday" videos on YouTube for you to view and participate along with whenever you want. Many of these include yoga videos. Click on the links below to view specific yoga videos:

- [\*\*\*Yoga for Parkinsons\*\*\*](#)
- [\*\*\*Warrior Sculpt Yoga\*\*\*](#)
- [\*\*\*Yoga Therapy for Parkinson's and Anxiety/Depression\*\*\*](#)
- [\*\*\*Mindful Meditation and Yoga Practice\*\*\*](#)
- [\*\*\*Functional Yoga for People with Parkinson's\*\*\*](#)
- [\*\*\*Stretch, Rise, and Move\*\*\*](#)
- [\*\*\*Align - Postural Yoga and Stability\*\*\*](#)

## Online Classes

In addition to the Parkinson's Foundation YouTube page, there are many other Yoga pages that have great chair yoga and Parkinson's specific yoga videos. Click on the following links for some more options

- **[Chair Yoga for Parkinson's](#)**
- **[Foundations of Yoga for Parkinson's](#)**
- **[Core and Balance: Yoga for Parkinson's](#)**
- **[Chest, Heart, and Shoulder Opening: Yoga for Parkinson's](#)**
- **[Hip Opening: Yoga for Parkinson's](#)**
- **[Parkinson's Yoga for Digestion and Gut Health](#)**
- **[Chair Yoga to Restore Your Mind and Body](#)**
- **[Improve Posture and Stand Taller Yoga for Parkinson's](#)**
- **[Stand Proud! Chair Yoga and Meditation for Posture](#)**
- **[Gentle Parkinson's Restorative Yoga](#)**