

Yoga can reduce pain and disability, and can be practiced safely. Find a yoga practice that is right for you.

Yoga will help improve flexibility, strength, balance, and focus, and should be considered for anyone with osteoarthritis or chronic low back pain.

Look for yoga classes in your community or check the online resources listed below.



YOGA SESH offers alignment-focused Vinyasa Yoga and Yin Yoga classes by Caitlin Rose Kenny available on iTunes and SoundCloud. Each session offers a unique sequence of asana, breath work, and stillness.

Yoga by Candace offers free yoga videos for all levels. The 15 minute morning yoga provides beginners with an easy to follow poses and meditations. More advanced yogis can build endurance and strength.

<https://www.youtube.com/user/YOGABYCANDACE>



A resource for chair yoga can be found at <https://yogawithadriene.com/chair-yoga/>

REMINDERS

- ✓ Start with short videos – try chair yoga
- ✓ Find a regular time to practice
- ✓ Call your clinic if you experience sharp pain
- ✓ Keep a log and record the days you do yoga
- ✓ Low cost and easy to do at home