

CHAIR YOGA & MINDFUL MOVEMENT

**Bringing energy, connection, and joy
to older adults**

Serving over 40 senior living communities across Long Island & New York



Led by Ray Torres, Long Island's leading senior housing yoga instructor

**“Ray’s charismatic personality
has everyone engaged.
His passion is contagious!”**

*Meagan Devine-Collazo, Senior Engage Life Director
Atria on Roslyn Harbor*



What a Class Feels Like

Welcome & Connection

Residents are welcomed into a safe, supportive space and encouraged to move at their own pace.

Breath & Gentle Movement

Breathing and light movement warm the body and bring awareness from head to toe.

Music & Movement Flow

Movements build into a rhythmic, music-driven flow using familiar songs that encourage participation.

Engagement & Relaxation

Residents become more engaged — smiling, laughing, and moving together — before settling into guided relaxation.

Inclusive & Adaptive Programming

Classes are thoughtfully adapted to support older adults of all ability levels across the senior living continuum, encouraging movement, confidence, participation, and social connection in a welcoming environment.

Led by a Certified Dementia Practitioner, sessions incorporate music, breath, rhythm, and clear instruction to help residents feel engaged, comfortable, and successful at their own pace.



Meet Ray Torres

Ray Torres is a Registered Yoga Teacher and the founder of Age Well Recreation, specializing in chair yoga, mindful movement, and creative wellness experiences for older adults.

With experience serving more than 40 senior living communities across Long Island and New York, Ray has become one of the region's leading instructors for Chair Yoga and adaptive wellness programming across the senior living continuum.



Known for his approachable, engaging, and uplifting teaching style, Ray creates welcoming environments where older adults are encouraged to stay active, explore new ideas, express themselves creatively, and connect meaningfully with others.

As a Certified Dementia Practitioner, he adapts each session to meet residents where they are — creating an inclusive and engaging experience for all ability levels.

Why Communities Choose Age Well Recreation

- **High resident participation** and engagement
- **Consistently strong attendance**
- **Safe and adaptable** for all ability levels
- **Music-driven sessions** residents enjoy
- **Professional, reliable,** and easy to work with



- Improves mobility, strength, and balance
- Builds confidence and independence
- Encourages social connection
- Supports cognitive engagement
- Creates a fun, uplifting experience

Recreation Director Reviews:

"One of our highest attended programs."

— The Bristal, West Babylon

"Residents absolutely love it."

— Sunrise Senior Living, N Lynbrook

"Engaging, safe, and professional."

— Brightview, Pt Jefferson Station



Additional Programs Available

Chair Latin Dance • Chair Pilates • Chair Tai Chi

Mindful Art Workshops Featuring Breathwork, Meditation and Journaling

Additional offerings available at agellrecreation.com

Trusted by the leading communities:

Over 40 communities across Long Island & NY

Atria • The Bristal • Sunrise • Brightview • Benchmark • Monarch •

Chelsea Senior Living • The Arbors • CareRite • The Grand • Paragon HCG

Bring Age Well Recreation to your community

 516-528-3905

 Ray@agewellrecreation.com

 www.agewellrecreation.com



See the program
in action

