

# Guided Yoga Programs for Seniors

Led by certified trainer Ray Torres – Founder of Age Well Recreation and the leading Senior Housing yoga teacher on Long Island



**Meet Ray** – Ray Torres is a Certified Yoga Instructor who enjoys sharing his passion for yoga by making it approachable with his fun and friendly style. He is trained in many formats including Vinyasa Flow, Yin, Ashtanga and Restorative, but Ray’s unique expertise is teaching Seated Chair Yoga to older adults. With a client list of over 40 Senior Housing communities, he is the leading yoga teacher on Long Island as well as a Certified Dementia Practitioner.

**Gentle Chair Yoga for beginners** – Designed for all-levels. Classes incorporate breath work, gentle strength building movement and guided meditation. See page 2 for class outline.

**Benefits** - The benefits of this program are increased mind and body awareness, increased mobility & strength, building confidence and awareness of overall good health. And having FUN!!!!

***“Rays charismatic personality has everyone engaged. His passion for his work is unquestionable and contagious!”***

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



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Serving older adults in Long Island’s finest senior living communities

# Gentle Chair Yoga - 45 Minute Class Outline

## Introduction and Safety Awareness (2 Minutes)

It is important to create a safe space where every student knows to listen to their inner-voice. This is a moment where students can practice self-acceptance to focus on what they “Can Do” versus what they “Can’t Do” in this all-level class.

## Ignite Spirit (13 Minutes)

With soft music in the background, students are guided through of a variety of breathing techniques. Once established, we then link the breath to gentle movements that safely warm up the body from head to toes.

## Light the Fire (18 Minutes)

Once warmed up, we then move into seated poses. Step by step, these poses build into an energetic dance-like flow. Set to popular music from the 40’s, 50’s and 60’s that is familiar to students, the playlist becomes more energetic as the flow builds.

## Utilize the Fire (5 minutes)

With our bodies at the peak of flexibility we flow through our last song which is a high energy one. The feeling is simply uplifting!

## Surrender (5 minutes)

Utilizing our higher state of energy, we move into guided meditation and rest.

## Short Gratitude (2 Minute)

In a higher state of consciousness and self confidence, we share thanks & gratitude.

Each student is unique, so throughout the practice they are encouraged to be mindful of their bodies capabilities and sensations that they are feeling, as to only perform movements that are comfortable and safe for them.





**Ray is phenomenal. I book him to come to our community twice a month and it is one of my highest attended classes.**



*Ally Hummel  
The Bristal, Garden City*



## OUR CLIENTS INCLUDE:

- Atria, Roslyn Harbor
- Atria, Huntington
- Atria, Lynbrook
- Atria, Plainview
- Atria, Glen Cove
- Atria, Great Neck
- Belaire Nursing, Bellemore
- Brightview, Port Jefferson
- Chapin Home, Jamaica Queens
- Common Ground Alliance, Plainview
- CommonPoint Queens, Little Neck
- Emerge Nursing and Rehab, Glen Cove
- Glen Cove Nursing and Rehab
- Harbor House, Oyster Bay
- Momentum, East Islip
- Orchard Estates, Woodbury
- Oyster Bay Manor, Oyster Bay
- Premier Five Towns
- Sands Point Nursing and Rehab
- Somerset Gardens, Plainview
- Sunrise, W Babylon
- Sunrise, Lynbrook
- Sunrise Dix Hills
- The Amsterdam, Port Washington
- The Arbors, Islandia
- The Bristal, Northport
- The Bristal Bethpage
- The Bristal, East Meadow
- The Bristal, Lake Success
- The Bristal, Lynbrook
- The Bristal, North Hills
- The Bristal, N Woodmere
- The Bristal, Massapequa
- The Bristal, Sayville
- The Bristal, Garden City
- The Bristal, W Babylon
- The Bristal, Westbury
- The Grand, Great Neck
- The Savoy, Little Neck
- The Village of Sea Cliff
- Village Green, Levittown
- Whispering Woods, Smithtown



# Memory Care Expertise



**NCCDP**  
National Council of Certified Dementia Practitioners

**The Benefits of Mindfulness and Yoga for persons with cognitive impairment has been studied and recognized by the nations leading thought leaders on aging.**

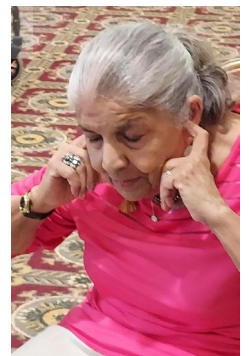
As a Certified Dementia Practitioner, classes are conducted in a manner that helps residents experience optimal benefits and enjoyment.

## Interested in Learning More?

Please contact Ray at 516 528 3905 or [Ray@agewellrecreation.com](mailto:Ray@agewellrecreation.com)

### Credentials

- LifePower 200 YTT, Johnny Kest Center for Yoga, Syosset NY
- National Council of Certified Dementia Practitioners Certified
- Yoga Alliance, Registered Yoga Teacher
- Over 30 References Available



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