



PRACTITIONER SERIES EP3

Chair Based Yoga for Dementia: Therapeutic Approaches.

Tuesday 15th March

2pm

Zoom Webinar, live

With Maria Jones

(BSc, ERYT, YACEP, Yoga Scotland, YT)

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QUESTION 2

What is your **experience** with teaching
Chair Based yoga or
teaching yoga to people with **dementia**
or both?

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QUESTION 1

What brought you into this space of
teaching yoga?

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QUESTION 3

What have you learned from this work?



LESSONS LEARNED

- Yoga is more than asana



LESSONS LEARNED

- Yoga is more than asana
- Teach the person not the asana



QUESTION 4

How does this **experience** apply to people with **Dementia** and mild cognitive impairments?





MORE THAN ASANA

- Movement
- Preventing falls
- Physical Awareness
- Acuity and focus
- Reminiscence
- Other

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TEACH THE PERSON NOT THE ASANA

- Inclusion, connection, community
- Our attitude matters
- Person centred
- Connect, not correct
- Engagement (teacher and music)

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QUOTE

**Chair Based Yoga serves a purpose
greater than asana**

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QUESTION 5

**What approaches are most beneficial in
the practice of yoga for people with
dementia?**

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Therapeutic approaches

1. Person Centred
2. Community
3. Targeted practices
4. Music



QUESTION 6

Tell us where to **find you** and why? What will we **learn from you**?



CHAIR BASED YOGA FOR DEMENTIA

YUVAYOGA.CO.UK/DEMENTIA



Train to deliver Chair Based Yoga classes to people with Dementia and Mild Cognitive Impairments.

An online, live workshop for yoga teachers, students and experienced yoga practitioners. Learn how Chair Based Yoga can benefit those with dementia and their carers

Date: Sunday 20th March 2022
Time: 1pm - 5pm UK
Online

WWW.YUVAYOGA.CO.UK/DEMENTIA



**Chair Based Yoga
for Dementia**

