Some of the references I used in the Webinar “Yoga for Seniors”

“SunLight Chair Yoga Teacher Training” by Stacie Dooreck

www.sunlightchairyoga.com

*Note: there was quite a bit of interest in the Kirtan Kriya of Sa, Ta, Na, Ma Ah. On page 51 Stacey goes into detail about research and use of this Kriya.

She also discusses Alzheimer’s Disease, Parkinson’s and Dementia.

“Yoga for 50+” Richard Rosen

Clear descriptions of the poses with pictures and modifications.

“Kripalu Yoga a Guide to Practice on and off the Mat”

Richard Faulds

This book is a great resource. In addition to poses, readers are advised of things to be “aware of” as a way of cautioning about the pose

“Yoga the Path to Holistic Health” B.K.S. Iyengar

This book depicts all levels of yoga poses but there are many modifications. In addition, Mr Iyengar has a section on Yoga for Ailments which covers a wide range of health issues.