

2016-2017 TRO Webinar Series

“CHAIR YOGA IN YOUR 70S, 80S AND BEYOND”

September 29, 2016

10:00 am – 11:00 am

Objectives:

1. Understand the general guidelines of developing a safe yoga practice for the senior population.
2. Identify 8 common physical ailments faced by the elderly senior population that require consideration when they participate in a group exercise class.
3. Perform 6 specific seated yoga related exercises relevant to common conditions associated with aging.

Program Description:

In this webinar, there will be a discussion of our aging population and their increasing health needs. It will also include a brief description of yoga its benefits, as well as general guidelines to consider when implementing a yoga and/or exercise based program for seniors. Specific health challenges common to the senior population will be outlined including recommended yoga postures and contraindicated postures for each of these ailments.

Presenter:

Joseanne Spiteri, R/TRO -Spiteri
Recreation Therapy Services

PCCs:

- 1 professional contribution point
- Purchase a PCC Transcript in advance
- Follow the login and post-test instructions

Those who earned PCCs for this session at the 2016 conference are ineligible to claim PCCs for this session again.

CEUs

- Follow the login and post-test instructions
- Contact Amanda at: communications@trontario.org for your documentation that may be submitted for CTRS renewal.

Register:

TRO Members may register for FREE. Non-members, please create a free public user account on the TRO website and purchase the session at the TRO Store. After registering, you will receive a confirmation email containing information about joining the webinar.

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