

YOGA

Cosmic Kids Yoga:

This is yoga that was designed for children and families, but most people can probably get something out of it. She tells stories (some well-known stories/movies, as well as some original ones) and does yoga to the stories and talks through how to get into the poses. She also has Zen Den which is a mindfulness series that focuses on feelings and breathing techniques. Peace Out is guided relaxations, which may be particularly good to wind down the day. Yoga Disco includes dancing to really burn energy, and there is much more.

<https://www.youtube.com/user/CosmicKidsYoga/featured>

Yoga with Adriene:

This is yoga that adults may like better. She does a variety of different kinds of yoga, but also does some gentle/slow flow, as well as some seated and wheelchair friendly yoga.

<https://www.youtube.com/user/yogawithadriene>

For Seniors:

Here is a link for one that is more ideal for seniors and part of it can be done from a seated position: <https://www.youtube.com/watch?v=kFhG-ZzLNN4>

Seated Yoga:

Here is a link for one that is ideal for being seated/in a wheelchair: <https://www.youtube.com/watch?v=FrVE1a2vgvA>

Wheelchair for Beginners:

Finally, here is a Wheelchair Yoga for Beginners video: <https://www.youtube.com/watch?v=ZwJ9pGxJKGc>

