

# SAFETY SEGMENTS FEBRUARY

## Stretching - Chair Yoga



### WHAT WE'RE LEARNING

Learning how to incorporate gentle, low-impact yoga exercises into daily routines for both workers and residents. Chair yoga helps improve flexibility, circulation, posture, and overall well-being without requiring participants to get on the floor. The segment emphasizes the importance of safety, such as ensuring proper chair setup, maintaining good posture, and using gentle, controlled movements to avoid strain or injury. By practicing deep breathing techniques and modifying stretches to accommodate different mobility levels, both workers and residents can experience reduced stress, improved comfort, and enhanced physical health in a safe and accessible way.

### GUIDING QUESTIONS

- How can chair yoga improve flexibility, circulation, and well-being for workers and residents?
- What safety tips and techniques prevent strain or injury during chair yoga?
- How can chair yoga be adjusted for residents with different mobility levels?

#### Notes to the Team Leader:

Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.

### DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Watch the YouTube video on: **Chair Yoga** After everyone is done, use the guiding questions to facilitate a group discussion.