

Yoga Strength & Balance Workshop - Participant Handout

SECTION 1 - WELCOME

Welcome! This workshop blends yoga, functional strength, and balance training to support confidence and ease in movement. Everything you learn today is designed to be accessible, joint-friendly, and adaptable to your daily life.

SECTION 2 - KEY PRINCIPLES

- Breathe First - Your breath is your anchor. Slow, steady breathing improves balance and reduces tension.
- Move Slowly - Balance improves when transitions are unhurried and intentional.
- Use Support - Chairs, walls, and blocks are tools of wisdom, not weakness.
- Progress Gradually - Small, consistent practice creates lasting change.

SECTION 3 - STRENGTH ESSENTIALS

- Chair Pose - Stand tall, sit back as if into a chair. Keep knees behind toes. Hold 5-10 breaths.
- Bridge Pose - Lie on your back, feet hip-width. Press into feet, lift hips. Strengthens glutes and back body.
- Standing Leg Lifts - Lift one leg forward, side, or back. Keep torso tall. Builds hip and core stability.
- Wall or Elevated Plank - Hands on wall or countertop. Engage core and lengthen spine.

SECTION 4 - BALANCE PRACTICES

- Weight Shifting - Gently shift weight side to side. Feel the whole foot on the ground.
- Heel-to-Toe Walk - Walk slowly in a straight line. Eyes soft, breath steady.
- Tree Pose - Foot to ankle or calf. Hands at heart or overhead. Use a wall if needed.
- Single-Leg Balance with Reach - Stand on one leg. Slowly reach opposite hand forward or to the side.

SECTION 5 - MINI HOME FLOW (5-7 minutes)

1. Mountain Pose - 3 breaths
2. Chair Pose - 5 breaths
3. Forward Fold - 5 breaths
4. Warrior I -> Warrior II - 3 breaths each
5. Tree Pose - 5 breaths each side
6. Seated Twist - 5 breaths
7. Relaxation - 1 minute

SECTION 6 - TIPS FOR SUCCESS

- Practice 2-3 times per week

Yoga Strength & Balance Workshop - Participant Handout

- Keep movements pain-free
- Celebrate wobbles
- Hydrate and rest
- Consistency matters more than intensity

SECTION 7 - REFLECTION PROMPT

What helped me feel strong or steady today?