



## + Armchair Yoga

I run two weekly sessions of armchair yoga at Sunrise Senior Living in Chorleywood, where most of the participants are living with dementia. The residents are encouraged to participate in the half hour sessions as they provide not only physical but also social and emotional benefits.



Armchair yoga increases circulation, this is due to the gentle movements of twisting and bending, which also helps eliminate toxins within the body. Flexibility is improved which enhances mobility; this in turn brings greater independence. It has been shown that the average senior citizen who participates in chair yoga is far more flexible in the hips, spine, wrists and shoulders than their non-active counterparts. Furthermore, it can also help with increased bone density preventing Osteoporosis.\*

The social nature of group exercise provides positive interaction with others. For example, we often find at some point in our sessions we laugh together opening up channels of communication and forming new bonds within the group.

With armchair yoga deep breathing is encouraged to co-ordinate the exercises thereby increasing oxygen and thus energising the whole body. To close our sessions we practice a short meditation focusing on the breath. This enables the body to relax and promotes a sense of calm and well-being. A practice which can also help alleviate depression.

It has long been accepted that most forms of exercise are positive for the body. With chair yoga however, both the body and mind feel refreshed, revitalised and relaxed leaving the individual with a renewed sense of peace.

Sue Gaines- Qualified Yoga Instructor

\*Source: finalyoga.com



## + Recipe – Peppermint creams



### What you need

- 500g of icing sugar, also known as powdered sugar
- 1 egg white

- Juice from 1/2 a lemon
- Peppermint essence
- Green food colouring
- 150g Chocolate chips for cooking

### What you do:

- Place icing sugar, egg white and lemon juice into a mixer and mix until the icing becomes a soft dough texture.
- Add the peppermint essence and green food colouring to the mixture and blend for a few seconds, until the colour is evenly distributed throughout the dough.
- Line your worktop with baking paper and place the icing mixture onto it.
- Roll out the icing mixture to about 1cm thick. Using a cookie cutter, cut out shapes for your peppermint creams.
- Let the peppermint creams set in a cool, dry place.
- When the peppermint creams have hardened, melt some cooking chocolate into a small bowl.
- Dip part of the peppermint creams into the melted chocolate.
- Place the partially chocolate covered peppermint creams on some greaseproof paper to set.



## + Recipe – Santa Strawberries

These are really simple to make and really yummy!

### What you need

- Strawberries
- Whipping cream - freshly whipped or squirty cream would work just as well.

### What you do:

- Cut the bottom off the strawberry, to make the hat.
- Put a small amount of cream on the bottom of the strawberry then put the hat back on, enjoy!