

O'Connor Occupational Therapy Services has current openings in our modified yoga OT exercise group. We are offering this as physical fitness / movement and cognitive rehab via mindfulness exercise.

- Modified yoga as cognitive exercise in attention, to listen to verbal and demonstrated instructions, following directions, opportunity to activate visual spatial and visual perception processing areas of the brain.
- Modified yoga poses as gross motor exercise to stabilize core / stabilize proximal joints for improved gross and fine motor coordination, to improve range of motion (movement); Movement, weight bearing and isometric muscle contraction to increase muscle strength for increased activity tolerance/endurance, as means of general fitness / conditioning, and work hardening; Proprioceptive sense (awareness of body in space); Vestibular sense (standing balance and sitting balance).
- Modified yoga with patient education on breath support / awareness of breathing (which supports respiratory system, speech production), and breathing for self-control/ for relaxation / to reduce stress and reduce anxiety.
- Modified yoga with mindfulness in yoga practice to support improved focus (attention, concentration), and relaxation to help to manage pain and decrease anxiety.
- Intentionally scheduled as outpatient OT to increase commitment and increase accountability to exercise in effort to form healthy habits.
- COTA consultation with patient as review and reinforcement of patient's use of community-based gym / fitness center to assist in establishing an appropriate exercise program per patient fitness goals; Develop opportunities for positive social interactions, role model of and opportunity to practice communication and social skills and to create structure / productive use of time.

#### Logistics:

- Yoga mat will be provided.
- Plan to wear comfortable loose-fitting clothing (as you would for exercise / “gym clothes”) to allow movement. Locker room is available to change clothes (adjacent to yoga studio).
- Modified Yoga OT Group is closed group for patients of O’Connor OT. Patient’s family member, caregiver / transporter is welcome and encouraged to participate free / no charge.

For more information: <http://www.oconnorot.com/what-we-do/modified-yoga-ot-group/>