

## **Tai Chi**

Daily Tai Chi - join in this 8-minute exercise

<https://youtu.be/PNtWqDxwwMg>

Tai Chi - The 24 Forms CD2 - Part 1

<https://youtu.be/E8JWeaUeu98>

Tai Chi - The 24 Forms CD2 - PART 2

<https://youtu.be/MGr6iMXLgsk>

Tai Chi - The 24 Forms Cd2 - Part 3

<https://youtu.be/fZQU6bks7IQ>

Tai Chi - The 24 Forms CD2 - Part 4

<https://youtu.be/yJ8beoQYP6Y>

## **Chair Exercise**

20 Min Chair Exercises Sitting Down Workout - Seated Exercise for Seniors, Elderly, & EVERYONE ELSE

<https://youtu.be/azv8eJgoGLk>

20 Min Exercise for Seniors, Elderly, & Older People - Seated Chair Exercise Senior Workout Routines

<https://youtu.be/8CE4ijWIQ1>

Seated Exercise for Obesity and Limited Mobility - Stage.1 Ep.1

<https://youtu.be/vPJKAG0mknI>

Launchpad Stage 2 Ep. 2

<https://youtu.be/AXx3LDNR7T4>

Beginner Seated Exercises - Launchpad Stage 1 Ep. 7

[https://youtu.be/X\\_kRH6cw4JA](https://youtu.be/X_kRH6cw4JA)

Senior Fitness by Tona

<https://youtu.be/sEk8bZbeZao>

Senior Fitness With Paula

<https://youtu.be/UAg3TtwjsFs>

## **Yoga**

Full Length Gentle Yoga Class for Beginners and Seniors

<https://youtu.be/i6eKyjA8ER4>

Full Length Gentle Yoga Class for Beginners and Seniors Vol. 2

[https://youtu.be/IMMVvYP2\\_6k](https://youtu.be/IMMVvYP2_6k)

Full Length Gentle Yoga Class Vol. 3 - for beginners & seniors

<https://youtu.be/8Z7Y5HanMC8>

Gentle Hatha Flow Yoga for Beginners - 45 Minutes

<https://youtu.be/2iWy5HnRI-U>

.