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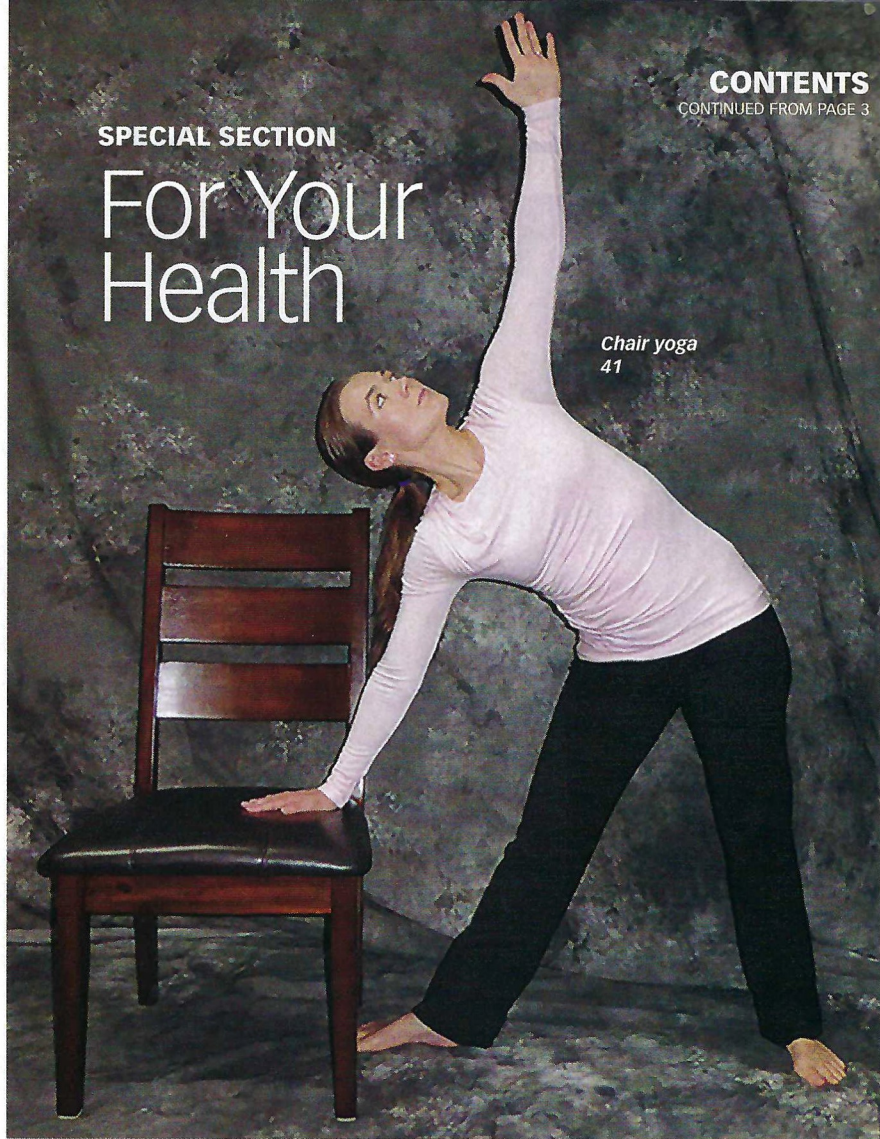
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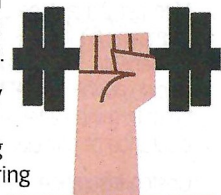
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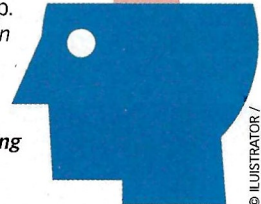
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Chair lift

Chair yoga makes yoga accessible to all

By Dr. Kimberlee Bethany Bonura

HAVE YOU TRIED yoga yet? Yoga is not just for the young and flexible. Surveys show that 36 million Americans practice yoga regularly, and 60 percent of older adults have tried yoga at least once. According to research, yoga can help you manage stress, cope with chronic pain, lower blood pressure, improve sleep and even lose weight.

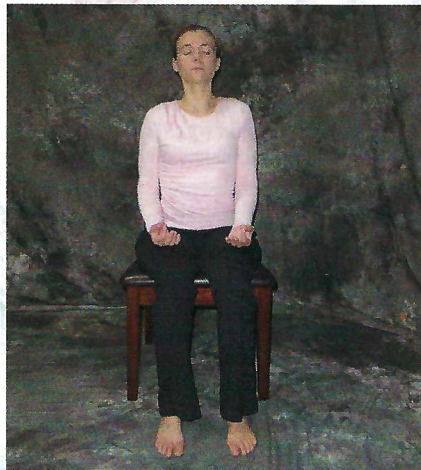
The best news? You don't have to chant, tie your legs into a pretzel or stand on your head to achieve those benefits. Chair yoga is an adapted form of yoga that individuals of all

ages—from kids to older adults—can do, with no special equipment required.

Chair yoga can be done while seated, making it accessible for individuals with mobility limitations, or it can include standing poses with the support of the chair. Office workers can take advantage of chair yoga's adaptations to sneak in some stretches at work (make sure it's a chair that doesn't roll). **C**

Costco member Dr. Kimberlee Bethany Bonura (chairyoga.com) has been teaching yoga for more than 20 years.

CHAIR YOGA WITH SUPPORTED STANDING POSES



CHAIR MEDITATION Begin your practice with two to five minutes of seated meditation. Roll your shoulders down and back to engage the muscles of the back and open up your chest. Rest your hands in your lap, palms facing up. Close your eyes, and focus on slow, deliberate breathing. As you inhale, say, "Inhale." As you exhale, say, "Exhale." End your practice the same way.



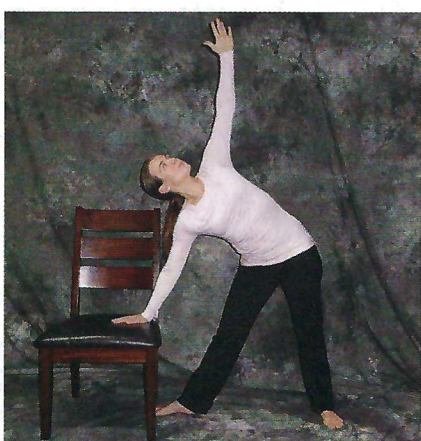
CHAIR SIDE STRETCH From your seated position, lift your left arm up and over for a long stretch up your side. If comfortable, look up at your left middle finger tip. Hold for five to 10 breaths. Repeat on the other side.



CHAIR TWISTS From your seated position, gently twist at the waist toward the right, bringing your right hand back to the side of the chair and your left hand to the outside of your right leg. Keep your neck soft with a gentle stretch. Hold for five to 10 breaths. Repeat on the other side.



CHAIR-SUPPORTED DOWNWARD FACING DOG Stand facing the side of the chair, with your feet about hip width apart. Bend forward at the waist, and place your hands on the seat of the chair. Allow your neck and head to relax between your arms, and feel a stretch up the length of your spine. Hold for five to 10 breaths.



CHAIR-SUPPORTED TRIANGLE Stand next to the chair, with your right toes under the chair. Step your left foot out a little wider than hip width, toes pointed forward. Gently bend sideways at the waist, placing your right palm on the seat of the chair. Lift your left arm up. If comfortable, look up at your left middle finger tip. Hold for five to 10 breaths. Repeat on the other side.

Sit and search

TO FIND A class in your area, look for chair yoga classes at fitness centers, community centers, and health and wellness facilities. Some yoga studios may offer chair yoga classes. Look for yoga teachers and studios in your area by searching the teacher registry at yogaalliance.org. If all else fails, type the name of your town and "chair yoga" in your search engine.



OUR DIGITAL EDITIONS

Click here for a video demonstration of several chair yoga poses. (See page 12 for details.)

The Costco Connection

Costco.com offers yoga clothing, such as pants, leggings and shoes. These items are also available at Costco warehouses, as well as some books and instructional DVDs.



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DEBATE GOES ON

In response to the June Debate, "Should we eliminate anonymous comments online?"

NO [It's about] freedom of speech. Let people judge what they read.

—Pat Almond Hoyland-Smith, from [facebook.com/Costco](https://www.facebook.com/Costco)

YES I think if someone has something to say, he/she should stand by it.

—Homan Taghdiri, from [facebook.com/Costco](https://www.facebook.com/Costco)

MEMBER COMMENTS

Successful succession

[Re: "Successful succession," June 2016] I sold my successful small business to two key employees in 1995. They expanded the business and continue to do very well.

I have been a SCORE volunteer for the past 19 years. My counseling to all existing and prospective small businesses regarding succession is to do what I did. The important consideration is the retention of your employees, customers and sources of supply. This is ensured when you transition to key employees who have been engaged in the business for some time and have done well. This counsel also applies to [business owners] who want to transition their ownership to family members.

—Bob Dorse, Seattle, Washington

Passed-up PSA?

The article on men's health ["The gift of health," June 2016] is informative, but the list of screens missed one that saved my life: the PSA, or prostate-specific antigen screen. Many doctors and professional organizations have been encouraging yearly PSA screening for men beginning at age 50, and, for men who are at higher risk of prostate cancer, including African-American men and men whose father or brother had prostate cancer, annual screen-

ing beginning at age 40 or 45. This screen is recommended annually because it is the change in the PSA score that is important.

—Paul A. Bogenrief, Newport Beach, California

According to the American Urological Association (AUA), there are new recommendations concerning prostate cancer screening. It now discourages screening men who are at average risk under age 55. The AUA says that men should be particularly cautious before making the decision to go through with the screening and weigh the benefits against the potential harms. The association also stresses the importance of consulting a doctor about whether being screened is the right decision.—Editor

Sit and stretch

Your June article about chair yoga ["Chair lift"] was just what I was looking for. I have severe arthritis in my back, and my doctor wants me to try yoga. Unfortunately, I'm unable to do the floor poses, but I can certainly do chair yoga. Thank you for the article. I look forward to reading *The Costco Connection* each month.

—Linda Scott, Seattle, Washington

Horowitz and medical-billing advice

["Medical bill basics," June 2016] I would like to add one more piece of information for consumers. If you receive a bill for services that you know are covered by your insurance, call the billing department and request a coding audit. Twice I have had bills for routine annual labs paid by my insurance after the correct codes were submitted.

—Patricia Eich, Albany, Oregon



Wedding savings at Costco

Leah Ingram forgot a very important savings when planning weddings ["Say 'I do' to savings," May 2016]: purchasing bulk flowers from Costco.com. I did this for a friend and my daughter's wedding last year. The flowers were spectacular, so fresh, delivered to my home on time. They lasted for days. It's not hard assembling a bouquet and doing vases of flowers—such a savings over florists. I would recommend this Costco service to everyone.

—Marilyn Rust, Tacoma, Washington

CORRECTION

The June 2016 article "13 Hours: The Secret Soldiers of Benghazi" mistakenly identified all six men as Navy SEALs. Two were former SEALs, three served in the Marines and one was a Ranger.

SUBSCRIPTION CHANGES

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All ads indicate whether a product is available in the warehouse, on [Costco.com](https://www.Costco.com) or both. Products are scheduled to be available during The Connection's month of publication and are noted as in warehouse "early in month" (1st to 10th), "mid-month" (11th to 21st) or "late in month" (22nd to 31st). Shop early in the month for the best selection of seasonal items. [Costco.com](https://www.Costco.com) carries many of the products available at the warehouses, and offers thousands of additional items, including line extensions and supplemental products. Prices are usually not listed because they have not been finalized at the time of printing and may vary from one part of the country to another due to shipping costs. We hope members know to check Costco first when comparison shopping. To keep prices low, Costco does not offer a telephone service allowing members to call in for prices or product availability.

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