

Slow Flow Chair Yoga

A Gentle Seated Chair Yoga Sequence

Maria's Place does not bear responsibility for any injury sustained while following any of our exercise programs.

Please consult your doctor before undertaking any exercise routine and use common sense while exercising.

Listen to your body and be mindful of any existing medical conditions.

The Yoga Routine

The Breath

Connect one movement and one breath throughout the practice

Neck - Repeat Each Exercise 3x's

Neck stretch - look down, look up

Bridge of neck - move your ear toward the left shoulder, then to the right

Look left, look right

Bring your chin to the chest - rotate the chin from the left shoulder to the right

Spinal Flexion/Extension 3-6x's

Seated cat/cow

Cow - send the heart forward as the shoulder blades squeeze together

Cat - draw the navel in and round out through the shoulder blades

Shoulders - Repeat Each Exercise 3x's

Roll your shoulders up and back down

Roll the shoulders back then forward

Arms

Inhale, stretch your arms overhead

Open the arms to a tee shape

Bend one arm at a time, bringing the hand to the heart, 6-8x's

Inhale, bring your arms overhead

Open the arms to a tee

Twist from your core to the left

Inhale, arms overhead

Open the arms to a tee

Twist from your core to the right

Spinal spiral

Make small belly circles left and right

Hips and Legs

Cross the left ankle over the right knee - keep the foot flexed to protect the knee

Lift the heart and hinge forward lightly to feel a stretch in the hip (piriformis)

Cross the right ankle over the left knee - keep the foot flexed to protect the knee

Lift the heart and hinge forward lightly to feel stretch in the hip (piriformis)

Feet and Ankles - Repeat Each Exercise 3x's

Start with feet planted firmly on the floor

Lift both heels with toes rooted to the ground

Lift the left foot, rotate the ankle left and right

Point and flex the left foot

Lift right foot, rotate ankle left and right

Point and flex the right foot

Stand Up Flying Breath 3x's

Inhale, bring your arms overhead

Exhale, bring the hands back down

©Maria's Place, 2021