

Freedom From Fatigue, Yoga

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.

These Are the Yoga Video Movements. You will need a chair, blanket, and a spot on the floor!

Bring your hands to your lap and take a few deep breaths

Focus on your internal space

What are you releasing?

What are you calling in?

Bring your hands to heart center and open your eyes

Lift the corners of your mouth :)

Feel your feet on the floor

Release your hands to your sides

Reach your arms overhead

Release to the ground (3x's)

Reach one hand to the sky and one hand toward the ground

Reach both hands to the sky

Repeat both sides (3x's)

Reach both hands to the sky

Bring your hands to your heart

Cactus your arms and squeeze shoulder blades together

Look to the sky

Round out your back as you kiss hands, forearms, and elbow together (3x's)

Place your hands on your lap and begin to circle your torso in one direction and then the other

Place your hands on your lap

Send your heart forward and gaze to the sky

Round out through your back and gaze toward your lap (3x's)

Let's stand up! Keep your chair close for balance if needed

Stand with feet under hips facing forward

Reach your arms overhead and sweep them down (3x's)

Step one foot forward

Place your back foot at a slight outward angle with your whole foot on the ground Bend your front knee to stack it over your ankle

Lower your hands to your sides

Lift your hands overhead

Bring your hands to your hips

Hinge at your hips, bringing your heart and shoulders forward

ONLY GO AS FAR FORWARD AS YOU FEEL COMFORTABLE & PUT YOUR HANDS ON YOUR CHAIR TO SUPPORT YOUR UPPER BODY

Stand up with a long spine

Press yourself up, reach your arms overhead, and step your feet together

Lift your arms overhead and release them to your side (3x's)

Repeat the other side.

Bring your hands to your sides and reach your arms overhead

Stand tall

Bring your palms together and bring your hands through heart center

Bend your knees deeply as you fold forward

Rest your torso on your thighs

Nod your head yes and no

Bring your hands to your shins or your chair for a half lift

Fold forward

Reach your hands out wide as you roll up to standing

Reach your arms overhead

Reach one hand to the sky and one hand toward the ground Reach both hands to the sky

Repeat both sides (3x's)

Step your feet to hips distance apart

Cactus your arms and squeeze the shoulder blades together

Look to the sky

Round out your back as you kiss hands, forearms, and elbow together (3x's)

Open your arms to a T

Reach your arms forward and kiss your palms together

Bring your hands to heart center

Bend your knees deeply as you hinge at your hips fold forward

Half lift your torso and keep your knees bent

Fold forward

Come to standing

Repeat

Step your feet together and reach your arms overhead

Bring your hands together

Bend your knees deeply and fold forward

Place your hands on the mat, OR TO THE BACK OF YOUR CHAIR

Step one foot back and then the other

Hinge at your hips and root your hands and toes into your mat or the chair

Bend one knee at a time peddling out your calves

Bring your knees to the ground (a blanket is great here for padding!)

Spread your knees wide and bring your toes together

Reach forward on the ground with your arms and lengthen your spine

Bring your hands into your body and come to a seated position on the floor or in your chair

Make your way to lay down on the ground or seated in your chair

Open your arms to a T

Walk your feet to the edges of the mat with your bent knees

Begin to rotate both knees to one side and then the other (5x's)

Bring your knees to your chest and give yourself a hug

Extend one leg out long and then the other

You can place your blanket or a pillow under your knees to support your low back Close your eyes and relax for a few minutes

© Maria's Place, 2021