

Gentle Seated Yoga Practice

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.

Bring your hands to your lap and put your feet flat on the floor.
Let's begin with some gentle movement and breath to wake up the body and increase circulation!

Roll your shoulders forward and back and breathe naturally.
Shake your hands to wake them up.
Open your arms to wide shoulder height and move them down.
Roll your wrists.

Now let's breathe into your neck.
Lower your chin and look to the floor, look up and repeat.
Look side to side, repeat 3-5x's

Move your chin from one shoulder to the other 3-5x's
Bring your hands to your heart in gratitude.
Bring your hands to your lap.

Make circles with your torso in one direction and then in the other.

Shine your heart forward and look up, squeeze your shoulder blades together.
Drop your chin and tuck your naval in, as you round out through the back of your heart.

Reach one hand toward the ground or to the bottom of your chair for support.
Lift the other arm up and over your head to find a side body stretching, one side at a time.

Twist from your torso and look over your shoulder to one side with hands for support. Twist one side at a time.

Lift one knee at a time like you are marching. 3-5x's
Bring your feet hip distance apart.
Open knees wide and bring them back together. 3-5x's

Step your feet out further than your hips with knees open wide.
Bring your hands to your knees and begin to lean forward and then back.
Repeat 3-5x's

Bring your hand to your opposite knee and look over your shoulder once to each side.

Cross one ankle over your opposite knee.

Bring one hand to your knee and the other to your ankle.

Gently hinge forward to stretch your hip.

Use your hand to make circles with your ankle.

Point and flex your feet.

Massage the bottom of your foot.

Repeat the above on the other side.

Bring your hands to your lap and both feet flat on the floor.

Shine your heart forward and look up, squeeze your shoulder blades together.

Drop your chin and tuck your naval as you round out through the back of your heart.

Open your knees wide and bring them back together. 3-5x's

Step your feet out further than your hips with knees open wide.

Bring your hands to your knees and begin to lean forward and then back.

Repeat 3-5x's

Bring your hand to your opposite knee and look over your shoulder once to each side.

With your feet on the floor, lift your heels and set them back down.

Move your feet in a quick and light stomping motion.

Take your hands and pat your legs up and down.

Hold the sides of your chair with your hands and extend one leg at a time.

Rub your legs in gratitude.

Make fists and massage your low back and hips.

Bring your hands to your heart in gratitude.

Bring your hands to your lap.