

Strength and Stability - Standing Yoga Routine

Place your chairs to either side of you with the chairbacks nearest to you so that your hands can rest on them for support. Stand between the two chairs.

Start to circle both knees in one direction and then the other.

Lift one heel, keep the toe on the ground, and rotate your ankle. Switch sides.

Step your feet a little farther than hips distance apart.

Bring your hands to your hips and move your hips side to side.

Send your hips front to back.

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

Give your legs a little shake by slightly bending one knee at a time.

Place your hands on your chair and lift one knee to hip height, then lower it down. Switch sides.

Ground into one foot and place the same side hand on your chair.

Lift your free foot and bring your heel to your glute.

Reach for your ankle finding a quad stretch. Switch sides.

Step forward with one foot and back with the other.

Bend into your front knee and lift your back heel.

Bend your back knee finding a lunge and repeat 5-10x's

Lengthen your front leg and hinge forward lightly with a long spine.

Switch sides and repeat.

Step your feet a little farther than hips distance apart.

Turn your toes out to a 45-degree angle.

Lengthen your spine and bend both knees in a squat while holding on to your chairs.

Repeat 5-10x's

Bend one knee and kick that leg back while holding on to your chair. Repeat 5-10x's

Switch legs and repeat.

Stand with feet under hips.

Hinge at your hips, bend your knees deeply, and fold forward.

Move up and down at a supportive pace.

Now fold forward with bent knees.

Grasp one elbow in each hand and sway side to side, and nod head yes and no.

Lift halfway up and fold back down.

Roll up to standing.