

## Deep Core and Shoulders 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.*

Sit comfortably in a chair with your spine away from the back of the chair and your feet on the floor.

Take a few deep and centering breaths.

Very lightly rock forward and back with your torso, noticing what muscles activate. Find your way to the centerline, where you feel a sense of weightlessness through your shoulders and head.

Let your arms hang to your sides.

Lift the shoulders slightly up towards the ears and release back down.

Lift your arms to a T level with your shoulders and lower them back down.

Repeat 5-8x's

Set one hand on your lap.

Lift your other arm forward and up to the plane of your shoulder.

Repeat 5-8x's

Do the same on the other side.

Repeat the same motion with both arms at the same time.

Repeat 5-8x's

Lift both arms overhead into a Y shape, slowly lower them back down to your sides.

Repeat 5-8x's

Place your hands on your knees and move the spine in a seated cat-cow shape 3-5x.

Lift both arms to a T.

Point your thumbs up and then down.

Continue to rotate your hands up and down with the arms extended 5-8x.

Lift your arms overhead, and as your arms release, twist to one side and then the other.

Place your hands on your lap and make circles with your torso in one direction and then the other.

With feet on the floor, lift one heel and then the other.

Continue to alternate for 5-8x's

Lift your entire foot a couple of inches, alternating, one foot at a time.  
Option to reach alternating arms forward at the same time as alternating legs.

Rest your hands on your lap and rock side to side and forward and back.

Step your feet a little farther apart.  
Lean forward and backward as you make big sweeping motions with your arms.

Lower your chin to your chest and rotate from one shoulder to the other to release your neck.

Bring both hands into your chest.  
Extend one arm out to a T, then lean your opposite ear toward your shoulder. Flex your hand to feel a deep stretch.  
Now do the same on the other side.