

Dancing for Cardio and FUN

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.

Start the exercises by standing up.

Begin to feel your feet on the ground noticing how your feet connect.

Move your weight from one foot to the other.

Take some deep and connecting breaths.

Step your feet out slightly and sway side to side with hands on your hips.

Now add some side-to-side movement with your arms.

Slowly come to stillness.

Turn your head side-to-side and allow the rest of your body to follow in a playful and supportive way.

Lift your arms up as you sway, reaching up and out ... spread out your wings!

Alternate from reaching up to reaching down.

Come into stillness.

Step side-to-side with your hands on your hips to bring movement into the feet.

Option to make fun movements with your arms.

Begin to allow your arms to swing loosely, letting your hands gently bounce off your hips and back.

Slow to stillness.

Bend your knees and bring your hands to your lap.

Reach the hands overhead.

Alternate from lap to head with a little bounce in your legs.

Step and reach to one side and alternate back and forth at a comfortable cadence.

Make it funky!!

Now let's use our imagination!!! Grab your imaginary dance partner!

Two-step in a circle in one direction and then in the other direction.

Come to stillness and take three flying breaths.