

Center and Balance 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.

This video exercise routine has some elements where you stand on one leg with the other on a chair. Do not attempt this if balance is an issue, and keep both feet on the ground.

Repeat exercises three to five times.

Sit in a chair with your feet comfortably on the floor.

Take a few deep breaths with sealed lips.

Relax your arms at your sides. Roll the shoulders, one at a time, in both directions.

Roll your shoulders, both at the same time forward and then back.

Place your hands on your knees and look up, opening the heart.

Lower your chin and round out through your back.

Reach your arms overhead, then halfway down with the elbows bent, repeat.

Open your arms wide to a T.

Lower one arm as the other arm rises and repeat from side to side.

Lower your arms to the side and release your shoulders.

Place your hands on your knees and start to make circles with your torso - switch direction.

Grab the sides of your chair for support.

March your feet one at a time alternating between wide steps and bringing legs together.

Slide your hips over to one side of your chair and lower your free knee toward the ground.

Anchor your toes for support and alternate between raising and lowering both arms.

Step your same foot out wide and gently lean to the side to open your hip flexor.

Repeat these steps on the other side.

Bring your seat back to the center of your chair.

Step your feet out wide and bring your hands to your knees for support.
Lean gently forward and back up.

Stand to one side of your chair, facing forward.
Use one hand for support on the back of the chair and step the foot nearest the chair up onto the seat of the chair.
Bring both arms out and up.
Place one hand on your bent knee and reach the other arm overhead toward your chair.

Bring both feet to the ground.
Hold the back of your chair with your hand and reach your other hand to the sky.
Bend your elbow and touch it to your raised knee for a standing crunch.
Raise your arm and lower your leg. Repeat.
Repeat these steps on the other side.

Step behind your chair and bring both hands to rest on the back of your chair.
Step your feet out wider than your hips.
Bend your elbows and fold forward at the hips. Come back up.

Open your arms to a T and reach from side to side a few times.
With your hands on the back of the chair, put a slight bend in both knees and shift your weight from side to side.

Step your feet together and turn your chair to one side.
Step one foot up onto the seat of your chair. Raise and lower your arms.
Bring your hands together at your heart and twist toward your bent knee.
Repeat these steps on the other side.

Stand behind your chair and reach your arms to the sky.
Hinge at the hips for a forward fold. Keep your hands on the chair for support.

Give yourself a hug!