

# Open your Psoas Yoga Routine

*Maria's Place does not bear responsibility for any injury sustained while following any of our exercise programs.*

*Before undertaking any exercise routine, please consult your doctor and use common sense while exercising.*

*Listen to your body and be mindful of any existing medical conditions.*

**Repeat each exercise 3 to 5 times.**

Stand behind your chair.

Hold your chair for support.

Shift your weight from toes to heels.

Gently sway side to side, foot to foot.

Slide one foot out slightly to the side of your chair.

Lift the same side arm and reach up and over and back down. Repeat.

Slide the same foot back behind the other foot.

Reach the same side arm overhead and back down. Repeat.

Step your feet back in and release your arm.

Shift your weight side to side.

Switch sides and repeat the exercises.

Step both feet out a little wider than your chair.

Turn your toes out to a 45-degree angle.

Stack your knees over your ankles.

Place your hands on your chair.

Bend your knees into a squat and extend.

Put a soft bend in both knees.

Place your hands on the back of your chair.

Shift your weight side to side.

Keep the knees bent and reach both arms overhead and back down.

Step back about one foot from your chair and place your hands on the back of the chair.

Hinge forward at the hips, then stand up tall.

Stand with your feet apart.

Place your hands on your hips and shift your hips from side to side.

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

Move the hips forward and back.

Step both feet together.

Step to one side of your chair.

Hold your chair with the closest hand.

Reach your free hand back and bring the outside leg forward. Reverse, hand forward, and bent leg back. Repeat.

Ground the outside foot.

Tap the inside foot forward and back.

Switch sides and repeat.

Step to the back of your chair.

Step your feet out wide and sway from side to side.

Step your feet together, sweep your arms overhead and release down three times.