

Feet, Ankles, and Knees Seated Yoga

Maria's Place does not bear responsibility for any injury sustained while following 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.

This exercise routine is best done without shoes as it includes some foot massage.

Only ever stretch as far as it is comfortable. If something hurts, stop or moderate the exercise.

Repeat each exercise three to five times.

Hold the sides of your chair with your hands.

Notice how your feet connect with the earth.

Alternate contacting each individual toe with the ground one at a time.

Press with the big toes and lift the rest of your little toes.

Press with all eight little toes and lift your big toes.

Alternate pressing the big toes and the little toes to the ground.

Wiggle your toes and pad out your feet.

Alternate lifting one heel at a time.

Ground your heels and alternate lifting your toes on either foot like you are keeping the beat to your favorite song.

OPTION- pat your hands on your lap at the same time.

Alternate between lifting both heels and all ten toes.

Open your knees and roll onto the outer edges of your feet.

Gently rock your body back and forth, pushing into the pinkie edge of your feet.

Press the tops of your toes of one foot into the mat, and gently rock your knee side to side.

Switch sides.

Gently stomp one foot at a time on the ground in a seated march while patting your hands on your legs.

Step your feet out wide and butterfly your knees in and out to open and relax your knees and feet.

Step your feet together.

Cross one ankle over your opposite knee.

Gently caress the sole of your foot with your hand.

Press and massage each toe individually, moving to the ball of your foot, your arch, heel, and ankle.

Rotate your ankle with your hand and stretch forward and back.

Place one hand on your foot and the other on your knee.

Hinge forward with your body and hold for a little while for a gentle stretch.

Massage your calf, shin, and knee.

Interlace hands behind your hamstring and swing the lower half of your leg.

Stomp your foot gently on the ground.

Switch sides and repeat this set of exercises with the other leg.

Step your feet out to open your knees wide and butterfly.

Hold on to the sides of your chair and carefully windshield wiper both knees side to side.

Pat your feet on the earth and your hands on your knees.