

Compassionate Hips

Maria's Place is not responsible 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.

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

Bring your hands to your knees.

Step your feet out to the sides and back to the middle repeatedly.

Option to lift the knees a little higher as you step.

Bring your feet back to center.

Leg sequence:

Cross one leg over the other so that your ankle rests on the opposite knee.

Place your hands on your shin and rock in a little circle.

Circle in both directions.

Uncross your leg and step the same foot to the side to a 45-degree angle.

Reach your arm to your knee and lift your other arm to the sky.

Bring your upper hand down to meet your other hand and repeat.

With your leg still at an angle, bring both hands to your lap.

Circle your upper body in both directions.

Extend your outer leg and point your toe.

Reach your opposite arm up and over.

Pulse your arm in and out and repeat.

Slide your outer foot toward the back of the side of your chair with your knee deeply bent towards the floor. You may have to move over slightly to get your leg to the outside of the chair edge.

Lift your same side arm to the sky and pulse to open your front line.
Bring both hands to your knees and circle your upper body.

Sit back in the middle of the chair and step your feet together.

Repeat the above sequence on the other side.

Come to the center of your chair.

Bring your hands behind your hips anchored to the seat of your chair.

Be sure to have a nice long spine.

Alternate lifting one knee at a time.

With your feet on the ground, hips distance apart, open your knees wide.

Move your knees loosely in and out like a butterfly.

With wide knees, lift both arms.

Bend your elbows and cactus your arms with fingers spread wide.

Hinge from one side to the other.

Reach both arms overhead.

Sweep both hands down to your sides.

Relax and take a few deep breaths.

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