

## Core Stability, 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.*

Take a few deep breaths and allow your tension to melt.  
Hold the sides of your chair.  
Move your upper body forward and back, rounding your spine.

Hold the side of your chair with one hand.  
Lift the opposite arm up and reach over to your side. Pulse gently back and forth.  
Switch sides and repeat.

Place both hands on your lower abdomen.  
Begin to breathe out sharply through your mouth in quick intervals. Pull the tummy tight each time you breathe out.  
Take a natural breath and repeat.

Bring your hands to your knees.  
Move your upper body in a circular pattern in both directions.

Hold both sides of your chair with your hands for support.  
Alternate lifting one foot at a time up and back down with bent knees.

Place your hands on your knees.  
Butterfly your knees in and out.

Hold both sides of your chair with your hands for support.  
Lift one foot and draw big circles in the air with your toes in both directions.  
Repeat on the other side.

Place your hands on your knees.  
Butterfly your knees in and out.

Step on leg out to the side.  
Place your forearm on the thigh of your outstretched leg.  
Reach your opposite arm up and over.  
Bend the arm and bring the elbow to your knee.  
Repeat reaching and elbow to the knee a few times.  
Step your leg in and make some circles with your upper body.  
Switch sides and repeat.

Bring your arm overhead.  
Softly bend your elbows, bringing your palms together.  
Hinge forward, bringing your elbows toward your knees. Repeat, back up and elbows to knees with your hands clasped.  
Release your hands to your knees and circle your upper body in both directions.

Scoot back to rest your back on the chair.  
Hold the sides of your chair with your hands.  
Fully extend one leg and pulse up and down.  
Bring both feet to the ground and pat your belly.  
Switch legs and repeat.

Stomp your feet quickly but gently on the ground.  
Find stillness.  
Twist your upper body to each side.  
Circle your upper body.

© Maria's Place, 2022