Buoyancy, Gentle exercise.

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.

In your chair, sit tall with your back away from the back of the chair and your feet flat on the floor.

Imagine that you are floating in water.

Bring your hands to your knees.

Lift through your heart while rolling your shoulders up and back.

Gently press your feet into the ground to feel a sense of weightlessness.

Move your upper body forward and back.

Loosen your spine and allow your head and neck to relax.

Shift your weight side to side.

Loosen your spine and allow your neck and head to move laterally in a relaxed way.

Step your feet out slightly.

Lift both arms to the sides as if your hands were skimming the top of the surface of water.

Shift your weight side to side.

Take breaks as needed.

Bring your hands to your knees.

Reach on arm forward and one arm slightly back.

Move your torso toward each arm at a diagonal direction.

Switch arms and repeat.

Bring both hands to your lap.

Take a few big deep breaths to release tension from the shoulders.

Lower one hand toward the ground.

Reach your other arm up and over.

Switch sides with your arms two times.

Bring both hands to your lap.

Make circles with the body in both directions.

Bring your hands together in front of your heart.

Create some tension by pressing your hands together.

Circle the hands in one direction and then the other.

Come back to center.

Take a deep breath and release your hands.

Come to standing with your chair-back in front of you.

Place your hands on the back of your chair for stability.

Shift your weight gently from side to side buoyantly.

Circle your hips in one direction and then the other.

Option to lift your arms and “float” through your circles.

Bring your hands to the back of your chair.

Shift your hips forward and backward.

Set your chair off to the side.

Place your hands on your hips with your elbows out.

Shift your weight into one foot while you lift the opposite heel.

Slowly shift your weight side to side.

Release your hands from your hips.

Let your hands float in front of your hips.

Sway side to side weightlessly.

Come to standing still.

Breathe and feel weightless.

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