

Gentle Seated Full Body Yoga

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.

Repeat each exercise three to five times.

Sit with your back away from the back of the chair.
Take a few centering breaths.

Tilt your head gently to one side and then to the other.
Lower your chin to your chest and look to the sky.
Turn your gaze from left to right.
Bring your chin back to your chest and draw a line on your chest from one shoulder to the other.

Reach one arm overhead and grasp your opposite ear.
Let the other arm hang loosely.
Breathe into the bridge of your neck.
Repeat on the other side.

Interlace your fingers behind your head.
Draw your elbows forward.
Let the weight of your head and arms open the back of your neck.

Roll both shoulders up and back down.
Roll one shoulder at a time in both directions.
Roll both shoulders up and back.

Open your arms out to a tea and squeeze your shoulder blades together.
Cross one arm over the other and give yourself a hug.
Rock your body gently from side to side.
Switch the cross of your arms and repeat on the other side.

Reach both arms overhead.
Bend your elbows and cactus your arms.
Open and close your arms to open your chest.

Bring both hands together and interlace your fingers.
Make figures of 8's with your hands and wrists.
Gently press your fingertips together and stretch your fingers.

Bring your hands to your lap and make gentle body circles in both directions.

Cross one ankle over the other thigh in a figure 4 shape.
Hinge forward gently to stretch your hip.
Cross the leg the rest of the way.
Twist away from your legs as you look over your shoulder.
Repeat on the other side.

Uncross your legs.
Butterfly your knees in and out to create some space in your hips.

Cross one ankle over the other thigh in a figure 4 shape.
Place one hand on your ankle and one hand on your foot.
Rotate your ankle in both directions.
Repeat on the other side.

Uncross your legs and pat your feet on the floor.
Set the intention to release all the tension out the soles of your feet.
Take a few centering breaths.

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