

## Side 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.

Reach your arm overhead and gently pulse as you lift and reach to lengthen that side.  
Repeat on the other side.

Hold your chair with one hand for support.  
Reach your other arm up and over, hold, and breathe into that side of the ribcage.  
Circle your arm and feel your range of motion in your shoulder in both directions.  
Repeat on the other side.

Step your feet out to a little bit wider than hips distance apart.  
Place your hands on your knees.  
Twist to one side to look over your shoulder.  
Twist to the other side.

Bring your legs together.  
Cross one leg over the other.  
Hold on to your chair with your hand on the side that has the foot on the floor.  
Reach your other arm up and over and hold.  
Repeat on the other side.

Uncross your legs.  
Circle your upper body in one direction and then the other.

Stand up and come behind your chair.  
Step your feet out a little bit wider than hips distance apart.  
Hold on to your chair for support with one hand.  
Reach your other arm up and over to extend the side body fully, hold.  
Circle out your arm and feel your range of motion in your shoulder in both directions.  
Bring both hands to your hips and gently shift your weight from side to side.  
Repeat on the other side.

Step both feet together.  
Cross one foot back and behind the other so your legs are crossed and your feet staggered.  
Reach your arm up and over.  
Repeat on the other side.

Step back about one leg's distance back.

With your hands on the back of your chair for support, hinge forward with slightly bent knees.

Step one foot back.

Bend your front knee to stack over your ankle.

Reach the same side arm up and back while holding your chair with the other hand.

Repeat on the other side.

Step your feet out.

Put your hands on your hips.

Circle your body and take a few centering breaths.

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