

Yoga for Heart and Hips

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.

Repeat each exercise three to five times.

Sit in a chair with your feet on the floor and your hands on your lap.
Close your eyes and take a few deep breaths to notice how you feel.

Roll your shoulders forward and then backward.

Step your feet out a little bit farther than your hips distance apart.
Hold the sides of your chair with your hands.
Rock your knees side to side gently.

Bring your feet a bit closer together.
Open and close your knees at a comfortable pace and width.

Bring your feet hips distance apart and place your hands on your knees.
Circle out your upper body in one direction and then the other.

With feet hips distance apart and feet grounded, open your knees and your arms wide. Bring your knees together at the same time, wrapping your arms around yourself like a hug. Repeat this motion a few times, alternating which arm is on top of the self-hug.
Shake out your wrists and hands, then release your arms down to your sides.

Cross one ankle over the top of your other knee. Place one hand on your knee and the other on your foot. Make small circles with your upper body.
Cross your top leg all the way over. Turn your upper body away from your top knee.
Twist in that direction, looking behind you.
Repeat on the other side.

Uncross your legs and shake out your hands and feet for a release.
Place your hands in your lap and turn your head side to side, up and down, and gently circle out your neck.

Stand behind your chair, feet just a bit farther than your hips distance.
Hold on to your chair, bend your knees a little, and shift your knees from side to side.
Bend your knees slightly and open and close the knees to the best of your ability.
Straighten your legs and give them a little shake.

Turn your toes out to a 45' angle and open your arms wide, back straight. Then bring arms and knees back in front of you, round your back. Repeat a few times, like a billow.

Stand tall and still. Roll your shoulders a few times.
Bring one hand to your hip and reach the other arm straight forward. Turn your upper body toward the side with your hand on your hip. Turn back and forth with your arm out.
Repeat on the other side.
Rub your hands together until they feel warm.
Use your hands to gently massage your face, head, neck, and shoulders.

Sit back down in your chair with your hands on your lap.
Breathe naturally with your eyes softly closed for a couple of minutes.
Breathe in to create space, and breathe out to let something go.

Have a great day!

© Maria's Place, 2023