

Chair Yoga, Neck and Shoulders Sequence

Maria's Place does not bear responsibility for any injury sustained while following any of our exercise programs.

Please consult your doctor before undertaking any exercise routine and use common sense while exercising.

Listen to your body and be mindful of any existing medical conditions.

The Yoga Routine

Neck- Repeat Each Exercise 3 Times

Neck stretch

Look down, look up

Bridge of neck

Move your ear toward left shoulder sideways and then to the right

Roll your shoulders up and back down 3x's

Look to the left, look to the right

Bring your chin to the chest – rotate the chin from the left shoulder to the right

Extended Bridge Stretch

Move the ear toward the left shoulder

Extend the right arm out and down

Lift the left arm overhead and bend at the elbow

Bring your left hand to your right ear to open the bridge of the right side of the neck

Move your ear toward the right shoulder

Extend the left arm out and down

Lift your right arm overhead and bend at the elbow

Bring your right hand to the left ear to open the bridge of the right side of the neck

Spinal Flexion/Extension 3-6x's

Seated Cat/Cow

Cow - Send the heart forward as the shoulder blades squeeze together

Cat - Draw the navel in and round out through the shoulder blades

Spinal Spiral

Tricep Stretch

Lift the left arm overhead and bend it at the elbow
Bring your right hand to the left elbow and hinge slightly to the right
Lift the right arm overhead and bend it at the elbow
Bring your left hand to the right elbow and hinge slightly to the left

Deltoid Stretch

Open your arms to a T
Cross the left arm in front of the body
Bend the right elbow and use the forearm to deepen the stretch in the left shoulder
Open your arms to a T
Cross the right arm in front of the body
Bend your left elbow and use the forearm to deepen the stretch in the right shoulder

Flying Arms with Breath - Repeat 3x's

Inhale, bring your arms over-head
Exhale, bring the arms down to the sides