

Gratitude and Love

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.

Repeat each exercise three to five times.

Sit on a chair with your feet comfortably on the floor.
Breathe deeply. Breathing in gratitude and breathing out love.
Focus your breath on one thing that you are grateful for!

Open and close your hands into a fist.

Make light fists and rotate both wrists.

Lower your arms to your sides with soft hands and alternate bending one elbow at a time.

Now bend both arms at the same time in little bicep curls.

Bring your palms over your stomach with your elbows wide. Open and close the arms and hands.

Bring your arms to your sides. Lift both arms overhead and lower back down.

Open your arms to a T and back to your sides.

Alternate reaching your arms overhead, then halfway down with the elbows bent.

Rest your hands on your knees.

Roll your shoulders.

Lower your chin to your chest and rotate your chin from shoulder to shoulder.

Gaze forward and alternate tilting your ears to one shoulder at a time.

Swivel your gaze from left to right.

Reach one arm overhead and lay your hand on the opposite ear to stretch the bridge of your neck.

Lift and lower your other arm to shoulder height.

Follow the same steps on the other side.

Roll out your shoulders and release your spine.

Reach one arm straight forward and alternate flexing your fingers up and down.

Use the other hand to help deepen the stretch.

Repeat these steps on the other side.

Bring your elbows together and interlace your fingers, and make figure eights with your wrists in both directions.

JAZZ FINGERS!!

Bring in Gratitude and Send out Love!!!