

Breathwork and Slow Yoga Practice

A Slow Breathwork Chair Yoga 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

Sit comfortably in your chair with both feet on the floor

Breath Practice:

Take a few minutes to breathe naturally with your eyes closed

Center into your body and your breath in and out through your nose

Now focus the breath to any areas of tension with the focus of flushing and rinsing these areas.

Now focus the breath moving in and out through your heart - use your imagination with closed eyes

Place your hands over your heart and take note of your heartbeat and breath

Movement Practice:

Rest your hands on your knees

Bring prayer hands to the chest

Lengthen your spine

Open your arms to a wide T

Reach both of your arms forward palms to kiss and round out your back

Sit up tall, bend your elbows and place prayer hands to the heart

Repeat 3x's

Reach your arm forward palms to kiss and round out your back

Sit tall and open your arms to a T

Bend your elbows and place prayer hands to the heart

Repeat 3x's

Place your right hand to your heart and your left hand to a T

Reach your left arm overhead and then toward the floor

Repeat 3x's

Place your left hand on your heart and your right arm to a T

Reach your right arm overhead and then toward the floor

Repeat 3x's

Bring both hands to your heart and breathe

Imagine your most joyful childhood experience and invite that joy to fill your mind and heart

Lower both hands toward the floor

Swing hands slowly forward and up overhead

Lower hands down to the floor and fold forward over your lap

Repeat 3x's

Bend your elbows and bring your prayer hands to your heart

Lengthen the spine

Twist to the left- look over your left shoulder

Twist to the right- look over your right shoulder

Bring your hands to your knees

Send your heart forward and squeeze your shoulder blades together and bring your gaze up

Hug your navel in and tuck your chin

Round out through the back of your heart

lift the corners of your mouth (SMILE)

Repeat 3x's

Open your arms wide to a T

Cross your left arm under the right and place your hands on your shoulder blades

Give yourself a hug

Option to kiss the backs of the hands reaching your hands up

Lift your elbows with the arms crossed

Open your arms wide to a T

Cross your right arm under left and place your hands on your shoulder blades

Give yourself a hug

Option to kiss the backs of the hands reaching your hands up

Open your arms to a T

3 Flying breaths

Reach arms to the sky on an inhale and down on exhale

Bring your hands to your knees

Lift one heel at a time alternating from left to right

Repeat 3x's each side

Begin to make little circles with your torso first to the right and then to the left

Stir the playful energy up to your heart

Step your feet out a little wider than your hips

With hands on your knees open your knees

Close your knees to touch

Repeat 3-5x's

Bring your feet together

Reach your hands high overhead

Lower your left hand to the left side of your chair

Reach your right arm over to the left for a side stretch

Reach your hands high overhead

Lower your right hand to the right side of your chair

Reach your left arm over to the right for a side stretch

Bend your elbows and bring prayer hands to your heart

Take a deep and full breath

Close your eyes and use your imagination

See your loved ones healthy and with a smile on their face

See them enjoying their favorite activities

Allow a smile to fill your face and your heart.

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