

Standing Tall Yoga

This is a Standing Yoga Routine Using a Chair for Support.

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.

Grab a chair and let's get started!

Step to the back of your chair

Rest your hands on the back of your chair

Reach your arms overhead

Lower your hands to your sides and shine your palms forward

Activate your entire body from head to toe

Repeat 3x's

Bring your hands to the back of your chair

Look to the sky and send your hips slightly forward

Bring your hips back to center and look to the floor

Repeat 3x's

Stand in a neutral position with your hands on your chair for support

Root your left foot into the floor

Lift your long right leg out to the side

Set your right leg down

Repeat 3x's

Stand in a neutral position with your hands on your chair for support

Root your right foot into the floor

Lift your long left leg out to the side

Set your left leg down

Repeat 3x's

Root into your right foot

Bend your left knee to a 90-degree angle

Extend your left leg long

Repeat 3x's

Root into your left foot

Bend your right knee to a 90-degree angle

Extend your right leg long
Repeat 3x's

Take a step back from the chair and place your hands on the back of the chair
Hinge at your hips folding parallel to the floor
Reach your arms forward and your tail back with a long spine
Hinge up at the hips and lengthen your legs
Repeat 3x's

Place your right hand on the chair and root into your right foot for support
Bend your left knee kissing your foot toward your glute
Reach your left hand back toward your foot, grab it if accessible (use a belt or strap to help you reach your foot for support)

Place your left hand on the chair and root into your left foot for support
Bend your right knee kissing your foot toward your glute
Reach your right hand back toward your foot, grab it if accessible (use a belt or strap to help you reach your foot for support)

Set your chair aside for a moment
Stand with your feet hips distance apart
Take a deep breath and roll your shoulders back and down
Open your palms to face forward

Bring your prayer hands to your heart
Bring your hands to your knees
Bend your knees and hinge at your hips
Reach your heart forward and tail back
Stand tall and reach arms overhead
Bring your prayer hands to your heart
Repeat 3x's

Step your feet out a bit farther than hips distance
Bring your hands to your hips
Gently begin to sway side to side opening into the hips
Come to neutral
Gently begin to make circles with your hips right and left
Shake it out and step your feet together

Open your arms to a T
Reach your left arm up to the sky

Switch reaching your right arm up to the sky
Repeat 3x's

Bring your chair back in front of you and take a few steps back
Bring your hands to the back of your chair
Stand with feet a little farther than hips distance apart
Bring your hips forward and look to the sky
Send your hips back and arms forward with a long spine
Repeat 3x's

Bring your right hip and right hand to your chair
Turn your left toes to the side and lift your heel to the top of your right ankle or shin
Extend your left arm to a T
Release your left foot and hand
Bring your left hip and left hand to your chair
Turn your right toes to the side and lift your heel to the top of your left ankle or shin
Extend your right arm to a T
Release your right foot and hand

Breath in as you reach your arms high
Breath out and lower hands to your sides
Repeat 3x's

Bring prayer hands to your heart in gratitude.

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