

# Welcome Yoga

## Gentle Yoga Routine, Seated and Standing

*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.*

If balance is an issue for you, stand near a wall, table, chair back, or other solid support for the standing part of the routine.

You can do all movements from a sitting position if this is more suitable for you. Keep all movement to within your comfort level.

### ***The Yoga Routine***

Begin Seated with your feet planted on the floor and your hands on your knees.

Leave a space between your back and the back of the chair.

Take a few centering breaths in through your nose and out through your mouth, releasing any tension with your exhales.

Bring your gaze to the sky.

On an exhale, bring your gaze to the ground.

Repeat

Look to your left and to your right.

Repeat

Bring your chin to your chest and rotate your chin from one shoulder to the other.

Lower your right hand to the side of your chair.

Pick up your left arm and bend your elbow, bringing your left hand to your right ear to open the bridge of your neck.

Lower your left hand to the side of your chair.

Pick up your right arm and bend your elbow, bringing your right hand to your left ear to open the bridge of your neck.

Bring your hands to your lap and gaze forward.

Bring your attention to your right shoulder, rolling your shoulder back repeatedly.

Bring your attention to your left shoulder, rolling your shoulder back repeatedly.

Now switch the direction of the shoulder roll, first right and then left.

Open your arms to a T.

Round out through the back as you kiss your hands together with long arms. Round out through the back of your heart and tuck your chin.

Alternate between opening and closing your arms.

Bring your hands to your heart center and take a centering breath.

Open your arms to a T and bend both elbows to make cactus arms.

Squeeze shoulder blades together and look up slightly.

Round out through your back as you kiss your hands to elbows together in front of you.

Alternate between opening and closing cactus arms.

Bring your palms together and reach both arms overhead and release your hands back to your lap.

Begin creating a spiral motion in your upper body. Circle left, pause in stillness at center and then circle right.

Bring your hands up to your sides and open and close your hands to release tension in your fingers and wrists.

Cross your left leg over your right knee.

Flex your left foot to protect the knee.

Hinge slightly forward to deepen the stretch in your left piriformis (Hip)

Sit up tall and uncross your legs.

Cross your right leg over your left knee.

Flex your right foot to protect the knee.

Hinge slightly forward to deepen the stretch in your right piriformis (Hip)

Sit up tall and uncross your legs.

Now let's come to standing. Keep your chair close for support in balancing if needed.

Stand with feet hips distance apart.

Take a centering breath in as you reach your arms overhead.

With an open mouth, exhale as your arms come to your sides. Repeat 3x's

Bring your hands to your heart center.

Root through your feet to lift your heart.

Bend your knees slightly as you sit into an imaginary chair.

Keep your spine long.

With bent knees, hinge at your hips and fold forward.

Place one hand on each elbow and nod your head yes and no.

Slide your hands to your shins and lengthen your legs and your spine for a half lift.

Hinge forward into your forward fold.

Roll up slowly to standing.

Roll your shoulders back as you shine your heart and hands forward for a Mountain pose.

Reach your arms overhead and take a centering breath.

Lower your left hand to your side as your right hand reaches to the sky.

Reach both arms overhead and bend your elbows.

Bring your hands to your heart.

Reach your arms overhead and take a centering breath.

Lower your right hand to your side as your left hand reaches to the sky.

Reach both arms overhead and bend your elbows.

Bring your hands to your heart.

Take a centering breath.

Bend your knees slightly as you sit into an imaginary chair.

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Lower your right hand to your side as your left hand reaches to the sky.

Reach both arms overhead and bend your elbows.

Bring your hands to your heart.

Pause for a centering breath and a moment of gratitude.

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