

Yoga For You

This Sequence was Specifically Designed for Caregivers to Take a Few Minutes out of Their Daily Routine to Relax and Reenergize.

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 ©Maria's Place 2021

Full Body Stretch

Begin laying on your back

Inhale, bring the arms overhead for a full-body stretch

Reach one arm at a time as far as you can - feeling an opening in the side body

Ball & Bridge

Draw your knees into your chest, bring the hands to the shins

Rock and roll gently from side to side

Bring the feet to the mat, hips distance apart, knees stacked over ankles

Bring your hands to the sides, palms down

Press the feet and shoulders into the earth and lift the hips to the sky

Lower halfway and lift again, repeat 3x's

Legs Up Wall

If* you have a wall available, sit as near as possible with your hip

Recline as you turn your tush to the wall and extend the legs upward

If not*, use a yoga block, book or your hands shaped like a triangle under your hips, and support the sacrum; extend the legs to the sky

Easy Seat Twist Repeat 3x's

Come to a seated position with a long spine

Inhale, bring your arms overhead

Exhale and twist to the left

Inhale, bring your arms overhead

Exhale and twist to the right

Table Cat Cow Repeat 3x's

Stack your wrists under the elbows, knees under the hips
Inhale and lower your belly, lift head and tail
Exhale and draw the navel in, round out the back

Down Dog

Walk your hands forward
Curl the toes under and lift the hips to the sky
Take three full breaths

Forward Fold

Step the feet forward, deep bend in the knees
Grasp one elbow in each hand
Shake head yes and no

Mountain

Roll up one vertebra at a time to standing

Warrior I

Step your right foot for back 1/2 legs distance
Root the right heel and bend the left knee
Reach your arms overhead
Lower your arms and interlace the fingers at the small of your back
Hinge at the hips and bring your left shoulder to the left knee
Your arms can rest on your low back or reach up high behind you
Lift your heart up on an inhale to standing

Step your left foot for back 1/2 legs distance
Root the left heel and bend the right knee
Reach your arms overhead
Lower the arms and interlace the fingers at the small of your back
Hinge at the hips and bring the right shoulder to the right knee
Your arms can rest on your low back or reach up high behind you
Lift your heart up on an inhale to standing

Forward Fold

Swan dive forward
Hinge at the hips with a deep bend in the knees

Down Dog

Plant your hands, step the feet back, and reach the hips to the sky

Child's Pose

Bring your knees to the edges of the mat, toe mounds together
Reach the arms overhead and extend your spine

Shoulders Thread the Needle

Press into the left hand and thread the right arm underneath to the left
Let your right ear and shoulder come to the mat
Come back to center
Press into the right hand and thread the left arm underneath and to the right
Let your left ear and shoulder come to the mat

Child's Pose

Bring your knees to the edges of the mat, toe mounds together
Reach your arms overhead and extend the spine

Easy Seat

Come to a seated position and bring your hands together at the heart
Gratitude and 'Namaste'.