

Wild Side Chair Yoga

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.

Remember, during standing exercises, keep your chair within reach for balance support.

Grab a chair, and let's get started!

Sit on your chair with your feet evenly on the floor and your hands on your lap.

Take a few deep, centering breaths.

Lengthen your spine.

Lift one arm to a Y and lower it 3/4 of the way down. Repeat 3-5x's.

Do the same with your other arm.

Lift and lower both arms at the same time!

Rest your hands on your lap.

Extend one leg forward. Lift and move the leg to the side, then back to the front. Repeat 3-5x's.

Do the same with your other leg.

Now try to move both legs at the same time!

With bent knees, open your legs significantly and spread your arms wide.

Draw your knees and your arms in and out. Keep your feet still and quite wide.

Repeat 3-5x's.

Wiggle your body gently from the crown down.

Stand to one side of your chair.

Lift your outer arm to a Y and lower 3/4 of the way. Repeat 3-5x's.

Extend your outer leg forward and then tap to the side.

Repeat 3-5x's.

Now do the same with your arm and your leg simultaneously, like 1/2 of a snow angel.

Take a walk around your chair to the other side.

Follow the same process on this side of your body.

Move behind your chair.

Rest your hands on your chair and begin to work your legs like a pendulum side to side.

Root into your feet and lift both arms at the same time and then lower them, 3-5x's.

Place your hands on the back of your chair, lift one leg straight back and repeat 3-5x's.

Don't forget the other leg!

Now the arms! Slowly swing one arm forward while the other reaches back and continue to switch back and forth.

Time to wiggle!

Rest your hands on the back of your chair and begin to work your legs like a pendulum side to side once again.

Raise your hands in the air, then bring them back down. Repeat 3-5x's.

Take three flying breaths.

Take a walk around your chair and notice how you feel.

Take a seat in your chair and take a few centering deep breaths.