

Start in chair:

Sun Breaths:

Inhale arms up
Exhale arms down
Repeat 10 times

Cat/Cow:

Inhale, puff chest out, squeeze shoulder blades together
Exhale, round spine
Repeat 10 times

Mountain:

Arms up, extend right leg, point and flex
Other side

Sun Salutation:

Arms up, inhale
Forward fold, hands on outside of calves, exhale and inhale
Cat, Hands on thighs, spine rounded, exhale
Cow, heart opened, inhale
Roll up like a snake
Extend Right leg for 3 breaths
Extend Left leg for 3 breaths
Back to center
Repeat 10 times

Come to Standing:

Half Moon:

Inhale arms over head, grab R wrist
Exhale bend body to left, push hips to the right
Hold for 10 breaths
Do other side

Holding on to back of chair with 2 hands:

Shower:

Step feet back until chest is parallel with ground. Shoulders and neck relaxed. Hold for 10 breaths

Chair:

Holding on to back of chair, sit down, sticking rear end back as far as you can like you're trying to sit down in a chair behind you. Hold for 10 breaths. Repeat.

Ballet Bar:

R hand on back of chair, Leg swings forward and back and side to side
Switch sides

R hand on back of chair, 10 plies (slight knee bends). Make sure you can still see your toes when bending your knees

L hand on back of chair, 10 relevés (heel raises).

Ronde de jambe

R hand on back of chair, L arm hugging your friend, draw a half circle on ground with L toe 10 times.

Point toe forward, tap the ground 10 times

Point toe to side, tap the ground 10 times

Point toe to the back, stretch L arm forward, tap the ground 10 times

Repeat other side

Back to seated:

Spinal Twist:

R hand on L knee, L hand on back or side of chair. Inhale grow taller, exhale twist to the left from the lower spine up. Chin over left shoulder, eyes to left corner of the sockets.

Repeat other side

Forward fold:

Spread legs – hands to knees, elbows to knees or hands to floor

Hip Circles

Cross ankles reach up with arms

If you want to intensify this stretch, bring R ankle on L knee

Repeat other side

Final Relaxation:

Sitting with your back against the back of the chair, close eyes

Visualize relaxing each area of the body starting from the top of the head all the way down to the feet