

FOUNDATIONS

Full Program with Chair



**Basic Position
w/chair**
5 Minutes to settle in & Breathe
**Wink for 2 second intervals
for 1 minute.**

Items Needed:
Yoga Block
Yoga Mat
Hand Towel (folded in quarters)
Interval Timer
Bare Feet



Sit bone squeeze
2 second intervals
repeat for 1 minute

**Repeat Sits bone and Femur
squeeze as a set for 3 rounds**



Femur squeeze
2 second intervals
repeat for 1 minute



Shoulder blade squeeze
2 second intervals
repeat for 1 minute
Floor Presses
shhh as arms go up
repeat for 1 min



Pullovers
Exhale shhhh as arms go back
repeat for 1 minute



Arm Angels
Shhhh as arms go up
repeat for 1 minute



Single Leg Hip Hinge
5 per side



Crossed Ankle Hip Lift
Hold for 1 minute



Foot Circles and Point and flex
5X each way



Butt Bridge
Hold for 30 seconds to 1 min



Upper Spinal Rotation
3-5X each side



Cats-N-Dogs
Repeat for 1 minute



Horizontal Squat
hold for 1 minute
or
Childs Pose
1 min



Wall sit
1 min

Ladies wall sit first
Men Downward dog first



Downward Dog
In place of Down Dog do
Counter stretch
1 minute

