

Yoga Routine For Balance

- 1 Half Lotus Pose- inhale deeply for 10 times.

Teaching points: Bend one leg and place the sole of the foot on the inside of the opposite thigh and bend the other leg and place the foot on top of the opposite thigh. Without any strain, try to place the upper heel as near as possible to the abdomen.



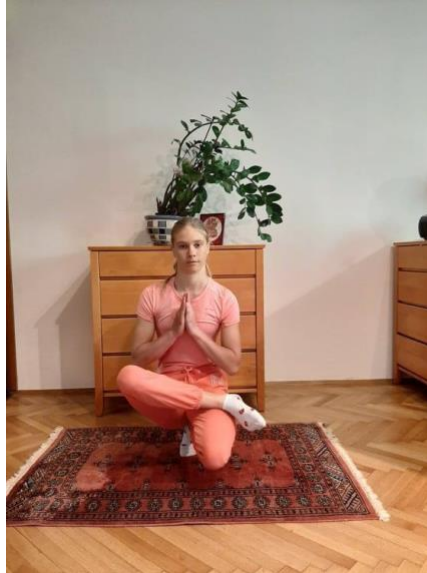
- 2 Balancing Butterfly- 5 or more deep breaths

Teaching points: Squat (down) and place your hands on the floor in front of your feet. Turn your knees to the sides and keep the balls and heels together.



3 Half Lotus Toe-5 or more deep breaths

Teaching points: Begin with a squat, bend the left leg and lift the left heel on top of the right thigh, turning the sole skyward. Then exhale and bring the hands to prayer in front of the heart. Repeat on the other side.



4 Boat Pose- 8 deep breaths

Teaching points: Begin seated with your knees bent. Lift your feet, bringing your shins parallel to the floor. Then, extend your arms forward (you can touch your legs), in line with your shoulders with your palms facing each other. With an exhalation, straighten your legs to a 45-degree angle (V-shape)

/Tips: keep your hands on the floor and knees bent until you're ready to get balance/



5 Tree Pose- 8 deep breaths

Teaching points: Shift your weight to your left foot and bend your right knee. Press your palms together in a prayer position at your chest.



6 Standing Half Bow Balance- 8 deep breaths

Teaching points: Stand on your left foot and raise your right leg back behind you and grab your right leg with your right hand. Raise your left hand in front of you.



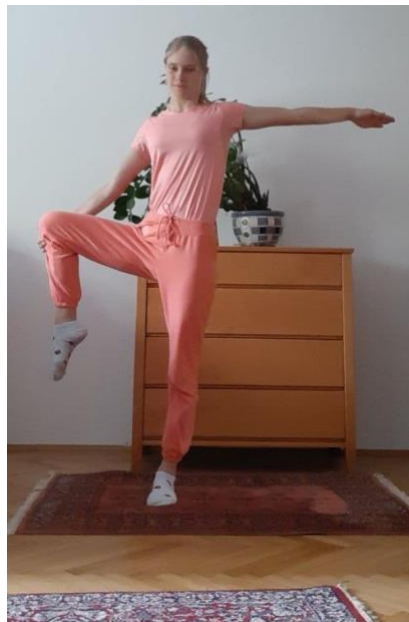
7 Standing Knee To Chest Balance- 8 deep breaths

Teaching points: Stand with the feet together and the arms by the sides. Inhale, raise your left leg, grab hold of the shin and bring the knee close to the chest with toes pointing down. You have to stretch the whole body.



8 Standing Knee Side Balance - 8 deep breaths

Teaching points: From the Standing Knee To Chest Balance inhale and bring your bent knee to the left side and your right hand stretch to the right side (shoulder level). Repeat on the other side.



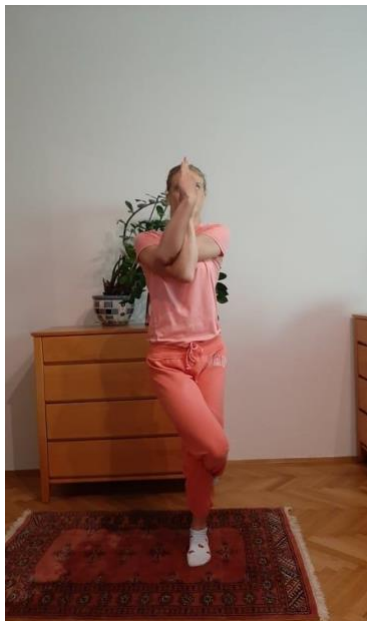
9 Chair Pose- 5 breaths

Teaching points: Stand with the feet together. When you inhale, raise your hands over the head and when you exhale bend the knees. Keep the chest as far back as possible and breathe normally.



10 Eagle Pose- 5 breaths

Teaching points: Stand with the feet together. Keep the left leg straight and twist the right leg around the left leg. Bend the elbows and bring them in front of the chest. When you inhale, twist the forearms around each other. The left elbow remaining below. Place the palms together. Try to balance this position, then exhale, bend your left knee and lower the body. Stay in this position for 5 breaths. Repeat on the other side.



11 Goddess Pose- 5 breaths

Teaching points: From Mountain pose, hop your feet wide and parallel, circa 3 feet apart. Turn your toes out and your heels in, creating a 45 degree angle. Extend your arms out at shoulder height and bend your elbows to 90 degrees with your palms facing away from you.



12 Balancing Table Pose/Alternate Leg-Hand Balance- Complete 5-10 rounds for 5 breaths

Teaching points: Begin on your hands and knees, with your hands directly under your shoulders and your knees directly under your hips. Raise your right leg behind you and raise your left hand in front of you. It should be a line- left palm, right arm, hips and raising leg. (Repeat on the other “side”)



13 Half Bow Pose- 3-5 breaths.

Teaching points: Bending the right leg behind you, reach back with the right arm to grasp your right foot. Repeat on the other “side”.



14 Camel Pose- 5 deep breaths

Teaching points: Kneel on the floor with your knees. Draw your hands up the side of your body until your thumbs reach your armpits. Lean slowly. Touch your heels.



15 Corpse Pose- for 5 minutes

Teaching points: Lie down on your back. The hands are farther from the body. Palms are directed to the ceiling. The legs are outstretched. The whole body is outstretched. Close your eyes.



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