



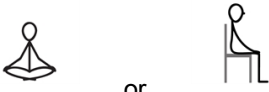
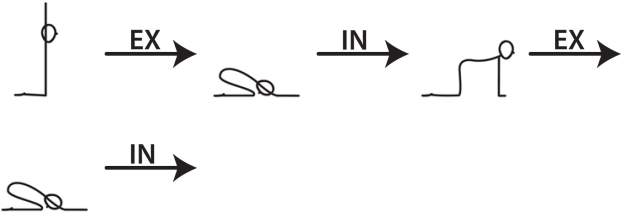

Please read the disclaimer attached BEFORE practicing Yoga

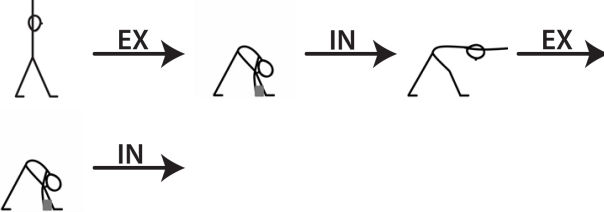
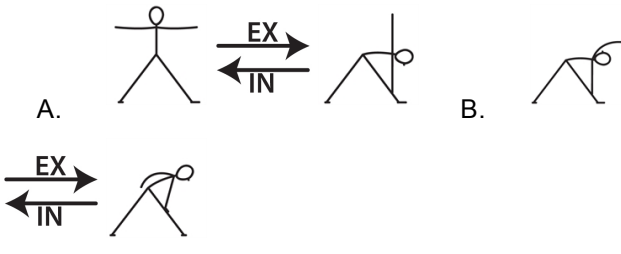
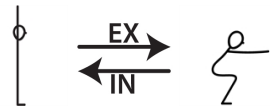



Intention - Leg balancing practice. Develops focused mind and improves body's overall strength and structural integration - particularly of feet, legs and hips. Helps refine the way in which body weight is held and moved; develops greater sensory awareness.

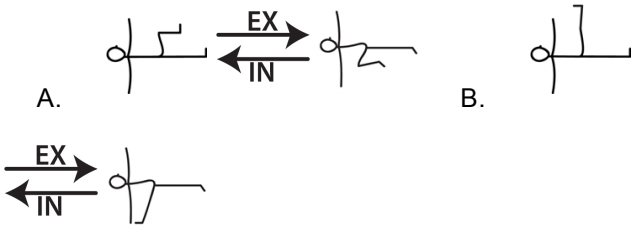

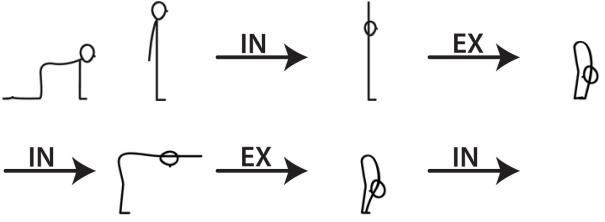


Core Posture - eagle pose. In preparation: prepare outer hips; thighs; core and low back; shoulder girdle, particularly between shoulder blades; prime for balance on one leg

Context - 9:30am although appropriate for anytime of day

Student Level - Some experience with yoga

1.		<p>Deepen the IN, lengthen the EX. Six breaths. Reflect on the word balance. It is defined as: an even distribution of weight enabling someone or something to remain upright and steady. Where in your life might you find more balance? What simple steps can you take to work toward that?</p>	<p>Seated pose to bring focus to the practice, this time to connect to the mind and body</p>
2.		<p>4 cycles</p>	<p>Cat/cow adaptation to warm shoulders, core, hips, stretch low back</p>
3.		<p>Sense your weight from the feet all the way up to the crown of the head. Notice the distribution of weight on the bottoms of the feet - front to back and side to side. What is the weight distribution in the toes? Lift and spread the toes. Notice any swaying. Then slightly lift right foot off the earth, then left.</p>	<p>Mountain pose to bring awareness to weight distribution on two feet then on one foot</p>

4.		<p>3 cycles on each side Note: back foot is turned out at a comfortable angle and feet are comfortably set from front to back and side to side. Feet set as if on railroad tracks and not on a balance beam will be easier for balance.</p>	<p>Pyramid pose to stretch and strengthen back and legs</p>
5.		<p>A. x4 B. x4 Outer edge of back foot set either parallel to the back of the mat or slightly turned in. Front heel intersects back arch if imaginary line were drawn there. Repeat opposite side</p>	<p>Triangle pose adaptation to stretch and strengthen outer hip, neck and shoulder girdle; strengthen hip joint; stretch and strengthen inner thigh to balance outer hip work in #10 and core posture</p>
6.		<p>x4; on last repetition, hold for 4B Feet at hips' width distance or closer together if preferred.</p>	<p>Chair pose as counter pose to #5; engages quadriceps in preparation for eagle pose</p>
7.		<p>Hold as long as breath stays smooth</p>	<p>Modified plank to engage core; transition to the floor</p>
8.		<p>x4 Heels are close to the buttocks, feet set hips' width apart. Clasp hands above you. Press feet into the floor, draw tailbone under and lift the hips, articulating the joints of the spine as the hips lift. Gently push the hands toward the ceiling as you lower your hips back to the floor, lowering the spine in the same manner, joint by joint. Relax the shoulders between repetitions.</p>	<p>Bridge adaptation to stretch between shoulder blades</p>
9.		<p>x4-6</p>	<p>Knees to chest as counter pose to #8</p>

10.		<p>A. x4 B. x4</p>	<p>Supine twist to prepare outer hip</p>
11.		<p>Cross one leg over the other. Stay 4B each side</p>	<p>Supine forward bend with adaptation to prepare outer hip</p>
12.		<p>3 cycles</p>	<p>Forward bend - transition and counter pose to #11</p>
13.		<p>Cross right leg over left. From least challenging to more challenging: kickstand the right foot outside of left ankle, cross the right leg over left so it is lifted from the floor or wrap the right foot behind the left calf. Hand/arms from least challenging to more challenging: hands may rest on hips, hug opposite shoulders or cross right arm under left with palms or back of hands touching. Legs hug together. Long, deep breaths staying as long as the breath is smooth</p>	<p>Eagle pose - core posture</p>
14.		<p>x6</p>	<p>Kneeling forward bend. Compensation for #13 to re-mobilize shoulders.</p>



15.		<p>A. x2          B. x4 alternating arms          C. x1          See #8 on foot positioning;          articulation of the spine</p>	<p>Bridge pose.          Compensation for #13 to          stretch torso,</p>
16.		<p>Rest as needed</p>	<p>Knees to chest.          Compensation for #15.</p>
17.		<p>3-5 min</p>	<p>Rest</p>
18.		<p>Sit in stillness as long as you'd like. Reflect again on this idea of balance and how your experience today might inform you about your practice of finding balance off the mat as you move through your day to day activities. Consider your thoughts and emotions as well. Recommit to these steps you can take to find balance in your life.</p>	<p>Transition</p>

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