

## Standing Balance Poses ✓

- **Notes on Standing Balance Poses:**

1. Instruct to steady the gaze- look at something that is not moving.
2. Ground down through the big toe mound
3. Focus on core stability

### I. Eagle

- **Dialog-** Wrap the right leg over the left. Wrap the right arm under the left.
- **Modifications**
  - i. Use toes as rudder
  - ii. Hold onto backs of shoulders

### II. Standing Leg Raise

- **Dialog-** Stand on the right leg. Hook the first two fingers around the left big toe. Stretch the left leg up and out.
- **Modifications**
  - i. Keep knee bent
  - ii. Use strap
  - iii. Open leg out to the side
  - iv. Use the wall

### III. Warrior III/Airplane

- **Dialog-** Stand on your right leg. Stretch your left leg up and back. Take the arms by your sides into airplane wings.