

# Arm Balances<sup>√</sup>

- **Notes On Teaching Arm Balances:**

1. Engage the core.
2. Careful with wrist pain. Press through fingertips.

## I. Side Plank

- **Dialog-** Balance on the right hand. Stack the feet. Lift the hips.

- **Modifications**

- i. On knee and shin
- ii. Tree
- iii. Big toe
- iv. Back bend

## II. Crow

- **Dialog-** Tuck the upper arm bones under the shins. Tuck the tailbone. Draw the belly toward the spine. Move forward and up. Balance on the hands.

- **Modifications**

- i. Feet on blocks
- ii. Head on blocks
- iii. Strap around upper arms