

## OPEN SINGLE LEG BALANCE

- Start in Mountain Pose (1).
- On inhalation raise both arms to the side until they are parallel to the ground - palms facing down.
- Bend forward from the pelvis balancing on the right leg in an arabesque position whilst raising the left leg parallel to the floor.
- Place the right hand down to the floor slightly to the outer edge of the right foot.
- Extend the left arm vertically up turning the chest and face of the pelvis away from the floor.
- Press the inner right foot to the floor whilst continuing to turn the chest outwards.
- Hold for as long as your resolve allows and repeat on the other side.

### Benefits

- Stretches the hips and groin muscles.
- Strengthens the abdomen, ankles, thighs, buttocks, and spine.
- Improves coordination and sense of balance.
- Stills the mind.

### Beginners Advice

- Get your balance with one hand on the ground before you attempt to turn your head to look at your fingers.
- Do the pose near a wall and bring the foot to the wall when you lift it.
- Make movements small and slow to maintain balance and quality.
- Use a block to rest your hand on until your flexibility increases.
- Breathe deeply and come out of pose with control.

### Challenge

- Turn your head to look at your fingertips.
- Try getting into or holding the pose with your eyes closed.
- See how long you can hold this pose without compromising the quality of your posture or getting distracted by outside influences.

### Adjustments / What to look for

- Try to create distance between the right and left hands and between the head and the tailbone.
- Use the breath to steady and soften into the pose.

