

core Movement

RAISED LEG POSE (NEUTRAL)

- Begin in mountain pose (1).
- Breathe in and on exhalation, lift right leg to hold foot in right hand.
- Left hand on waist - extend right leg.
- Reverse the process to come out of pose.
- Repeat on other side.

Benefits

- Improves balance and flexibility.
- Improves core strength.

Beginners Advice

- Start sitting down with left leg tucked into body.
- Work on keeping heart up and spine long.
- Breathe into the parts of the body that feel discomfort.
- Hold ankle instead of foot.
- Let silence be the teacher.

Challenge

- See how long you can hold without compromising the pose.
- Hold only the big toe of the raised foot.

Adjustments / What to look for

- Be aware of maintaining the length, watch for “slump” in shape.
- Leg to front - neutral, leg to side - open.

