

ROTATED SINGLE LEG BALANCE

- Stand in Mountain Pose (1). Place your hands on your hips and begin to tilt your trunk forward from the hips, allow your left leg to come off the ground maintaining a line which is continuous with the trunk. This forms an arabesque position.
- From arabesque, perform a small squat to place your left hand on the floor or a block, in line with your shoulder.
- Straighten your right leg, push your left hand into the ground and rotate your right shoulder upwards, taking the right arm to the ceiling.
- The top arm stretches straight up and the left hand straight down. Elongate outward through the crown of your head as you twist and rotate your spine.
- Using the breath hold the pose till it has served your purpose.
- With composure return to Mountain Pose (1) and repeat the opposite leg.

Benefits

- Stretches the hamstring muscles.
- Opens the shoulders and chest.
- Strengthens the abdomen, ankles, thighs, buttocks and spine.
- Improves coordination and balance.
- Stills the mind.
- Rotation of the spinal column.

Beginners Advice

- 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

- 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.
- Place the grounded hand in line with the grounded foot.

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.
- Fatigue can compromise this pose quickly in beginners.

