

SINGLE LEG BALANCE (WITH HIP EXTENSION)

- From Mountain Pose (1), exhale and bend the trunk forward from the hips. Place the hands on blocks or on the floor.
- Lift the left leg in line with the trunk, ensuring that the hips are square and that the spine is long.
- Press your arms straight, making them long, and lift upward with your chest. Keep your gaze on the floor.
- Lengthen from crown of head to heels. Hold this position with the intention of concaving the back and therefore having the hamstring and calves actively lengthen.
- Inhale, bring the left leg down to the ground and come back to Mountain Pose (1). Repeat on the other side.

Benefits

- Stretches the hamstring muscles.
- Strengthens the abdomen, ankles, thighs, buttocks and spine.
- Improves coordination and balance.
- Stills the mind.

Beginners Advice

- 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.

Adjustments / What to look for

- Try to create distance between the head and the heels.
- Use the breath to steady and soften into the pose.

