

# Balance Yoga Sequence Explanation

## Definition

*Balance : an even distribution of weight enabling someone or something to remain upright and steady*

## Instructions

### 1. One-legged Prayer Balance Pose

- Lift one foot off the floor
- Place it on top of the other foot
- Stretch your arms out
- Place hands together in front of chest
- Try and balance for a few seconds
- Repeat with the other leg

### 2. Leg Twist Balance Pose

- Wrap one leg over the other
- With the same leg, wrap the foot under the leg that's on the ground
- Use the arms as desired for better balance or more of a challenge
- Balance for a few seconds
- Repeat with the other leg

### 3. Dance Balance Pose

- **Lift one leg up to the back**
- **Bend the lifted leg at the back**
- **With the hand of the same side of the lifted leg, grab onto the ankle of the leg in the air**
- **Stretch the other arm forward**
- **Look at the fingers of the stretched arm and balance**
- **Repeat with the other leg**

#### **4. One Foot Balance Pose**

- **Lift one leg off the floor**
- **Stretch the leg to the back**
- **Stretch both arms forward and grab your hands together**
- **Lean forward and try make a straight line with your arms and back**
- **Balance and repeat with the other leg**

[https://www.youtube.com/watch?v=XwntVBJOk9M&list=PLjs4G0\\_dLq3GynpulY3GW098PBYuE8iW &index=14&t=94s](https://www.youtube.com/watch?v=XwntVBJOk9M&list=PLjs4G0_dLq3GynpulY3GW098PBYuE8iW&index=14&t=94s)