
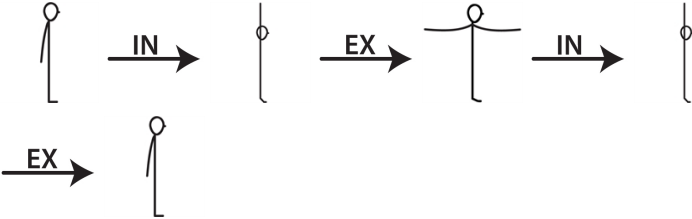


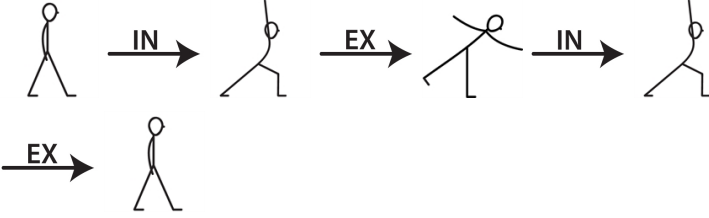
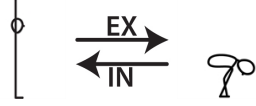



Everyday balance practice

1.		6 breaths	Tadasana. To deepen the breath and focus the mind.
2.		3 cycles	Tadasana balancing adaptations. To strengthen the ankles and train the balance.
3.		Repeat 3x, hold 6 breaths then switch sides.	Tadasana 1 leg balancing adaptations. To strengthen the hips and to practice balancing on one foot.
4.		2 steps forward and 2 steps back.	Walking with half-circles. To strengthen abductors and practice shifting weight from one foot to another.
5.		6 breaths alternating sides.	Virabhadrasana 1/ Virabhadrasana 3 combination. To strengthen the hips; to practice shifting weight from one foot to another and balancing on one foot.
6.		3 breaths.	Utkatasana. To stretch the back and compensate for #5.
7.		6 breaths	Tadasana. Stand tall and breathe deep, watch the weight distribution.