

Benefits:

Strengthens thighs; improves posture & balance.

Time to Do: 1 - 3 minutes

Body Parts Used by This Posture:

Thighs (quadriceps), ankles, toes

Warms You Up for: Shoulder Stand, Chest Expansion, Leg Clasp, Rishi's Posture , Back Bend, Back Push Up, Pelvic Lift, Balance Posture

Warm Up with: Mountain Pose, Chest Expansion, Bust Expansion, Leg Clasp, Rishi's Posture, Side Bend, Elbow to Knee

Builds you up for: Dancer's Posture 3; Balance Posture, Back Bend, Shoulder Stand, Head Stand, Mountain Pose, Side Bend, Elbow to Knee

Energy Center Used: All



Here's one of the few beginning level poses for balance, poise and grace! We'll use it during the program to help you match movement and breathing – which will give you a more intuitive feeling for the body-mind connection.

Yoga Snack

People already do their own versions of this when they're standing in the cold waiting for the bus... or waiting in line for the washroom! So what's to say you're not just joining the group by doing your own Yoga Snack! Also, try it sometime when you're near a blank wall. This will give you the chance to see what it feels like going straight up and down.

Difference from Dancer's Posture 1 In Dancer's Posture 2 you go up on the toes when breathing in. This works the ankles and toes and develops posture & balance.

Difference from Dancer's Posture 3 In Dancer's Posture 2, hands rest on hips – so it doesn't work the shoulders.



Start

In Mountain Pose
(see **Mountain Pose 1 & Mountain Pose 2**)

OR Start

Standing upright, legs together
Arms by your sides
Arms falling in line with your hip bones
Have the back of your head, your shoulder blades, your bum and your heels in line with each other.

Tip You can line yourself up against a wall at first to get a good starting position. Then try a “dry run” up and down along the wall to get the feel of the posture.



Then

Keeping your legs & knees together
Go up on your toes

Pause

Still on your toes

Lower yourself downward by bending your knees.

Once you're down as far as you can go:

Pause

Then

Still on your toes

Raise yourself up as far as you can go.

Repeat



Tip Keep your legs, knees and ankles together while doing the pose.

Tip If you wobble, loose your balance or shoulders get tired – take a moment to regain your composure, then stand straight again (Mountain Pose) and pick up where you left off.



Breathing



Breathe in
Going Up
on toes



Breathe out
Lowering
body



Breathe in
Going up on
toes



Breathe out
Lowering
body



Breathe in
Going back
up on toes