

### Benefits:

Strengthens thighs, ankles & shoulders;  
improves posture & balance.

**Time to Do:** 1 - 3 minutes

### Body Parts Used by This Posture:

Thighs (quadriceps), ankles, shoulders

**Warms You Up for:** Shoulder Stand, Chest Expansion, Leg Clasp, Rishi's Posture , Back Bend, Side Bend, Elbow to Knee, Pelvic Lift, Bow, Back Push Up

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

**Builds you up for:** 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! It's also one of the few postures that strengthen your ankles. 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** OK – It's difficult to do this one unobtrusively! But you can sneak it in while you're waiting for other things to happen – like when the bath water is running, or when you're washing the dishes and waiting for the sink to fill. Or you can use it as a party trick – challenge other people to balance a book on their head while they're going up and down on their toes like this! (Hey – whatever it takes to turn people on to yoga!)

### Start

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

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.



Sweep your arms up over your head  
Join your hands together, overhead, in prayer position  
Lower your hands until they rest on top of your head

Open up your elbows so that you feel a stretch in your arms and shoulders.



**Then**

Keeping your legs & knees together  
Go up on your toes

**Pause**

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



Still on your toes

Lower yourself downward by bending your knees

Once you're down as far as you can go

**Tip** Don't lean forward while going up and down, instead imagine you're riding an elevator shaft, or remember what it's like to be going up and down the wall.



**Then**

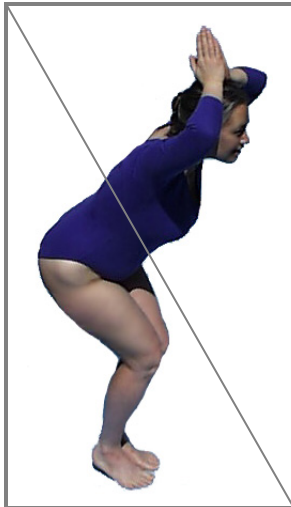
Still on your toes Raise yourself up as far as you can go.

**Tip**

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

**Repeat**

**Common Errors**



Leaning forward when lowering the body. Most people do this to keep their balance, but it actually has the effect of throwing you off balance.

Not keeping legs, knees and ankles together. This will also, eventually, throw you off balance.

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**Breathing**     Breathe in Raising arms



Breathe out  
Lowering  
arms onto  
head



Breathe in  
Going up on  
toes



Breathe out  
Lowering  
body



Breathe in  
Going back  
up on toes

