

YOGA FOR BALANCE

Duration: 20 Minutes & Level: Intermediate

01

Mountain Pose (Tadasana)

Ground through all four corners of the feet. Lengthen the spine.

02

Tree Pose (Vrksasana)

Place foot on inner calf or thigh. Focus on a steady "Drishti" point.

03

Warrior III (Virabhadrasana III)

Hinge forward at the hips, extending one leg back. Arms reach forward.

04

Eagle Pose (Garudasana)

Wrap one leg over the other. Cross arms at elbows and wrists.

05

Half Moon (Ardha Chandrasana)

Hand on block or floor. Open chest and hips to the side wall.

06

Dancer's Pose (Natarajasana)

Reach back for inner ankle. Kick foot into hand to create leverage.

Practice Guidelines

Hold each pose for 5-8 deep breaths. Repeat asymmetrical poses on both sides to maintain equilibrium. Keep the core engaged and the gaze fixed on a non-moving object to improve stability.