





Better Balance - Library Sequence

Balance begins mostly in the feet and is maintained by a well integrated body and strong core. Additionally our vision also plays a large role in helping us to maintain balance. There are three primary types of balance: static balance, moving balance and recovery balance. In this class we will work with postures and sequences to improve all three. The best way to improve your balance is to practice regularly. When practicing balance, practice poses that you can maintain your balance. Try not to practice imbalance by doing poses that are currently too difficult for you.

1		Roll out the bottom of your foot with a ball. Modification: can do while sitting in a chair.	Our feet are very important to balance. Stimulate and stretch out the bottom of your feet using a tennis ball. Place a tennis ball under your foot, roll it from side to side, back to front. (repeat 2nd side)
2		Ankle circles, spell your name with your foot. Modification: can do while sitting in a chair.	Ankle joint flexibility and strength is important to balance. Extend your leg out, circle your ankle. Draw the alphabet with your toes. (repeat 2nd side)
3		Stretch out the top of the foot, and toes	Working the flexibility and strength of the entire foot. Step your leg back so that you can press the top of your foot on the floor, move your foot from side to side, stretching the top of your foot. (repeat 2nd side)
4		Up on toes & back on heels. Modification: you can use a chair for better balance. Challenge: extend your arms over head when lifting up on your toes.	Strengthening the lower leg, and foot flexion and extension. IN: lift up on your toes EX: rock back on your heels, lifting your toes up.
5		Half Chair Pose, & Cat/Cow Pose Modification: can be done in a chair. Challenge: the deeper you sit in chair pose the more challenging the poses will be.	Strengthening the upper leg. Warming up the back. Come to a Half Chair Pose. IN: lift your heart and gaze up. EX: draw your low belly in and round your spine, lowering your gaze. Repeat several times, moving slowly with your breath.
6		Half Chair Pose w/ Knee Lift. Modification: for better balance you can use a chair or a wall to help support you. Challenge: Sweep the arms up when you lift your knee.	Balance Sequence 1: strengthening hip flexors, working static and moving balance. IN: Half Chair Pose EX: lift one knee Alternating sides, moving slowly with your breath.
7		Tadasana - Mountain Pose Angel Wings Modification: this sequence can be done while sitting on a chair	To counter #6 and to open and increase mobility in the upper spine. Return to Tadasana - Mountain pose. Pause and process your experience of the previous balance sequence. Angel Wings: IN: open your arms wide, lift your heart. EX: draw your arms together, backs of the hands touching, elbows slightly bent, bow your head towards your heart. Go back and forth, slowly with your breath.

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8		<p>Tadasana - Mountain Pose Half Squat Half Squat w/ Knee Lift High Lunge. Modification: can use a chair or wall to assist with balance.</p>	<p>Balance Sequence 2: strengthening hip flexors, core and working moving and static balance. From Mountain Pose. IN: (optional) sweep arms up over head. EX: squat to chair pose IN: lift 1 knee. EX: step lifted leg back to high lunge IN: (optional) lift hands to ceiling EX: draw hands down IN: return back leg to knee lifted EX: sit back into a squat (repeat sequence several times, alternating sides.)</p>
9		<p>Shake it out Tadasana Side Bends Modification: can use a chair or wall to assist with balance. Challenge: Lift both arms during side bends.</p>	<p>To counter #8. Strengthen the core and increase spine flexibility. 1. Come to mountain pose and wiggle jiggle your body. 2. Return to mountain pose - process your experience of the last balance sequence. IN: sweep 1 arm up, lengthen, then EX: side bend (bow) to the opposite side. IN: return to center Move side to side slowly with your breath.</p>
10		<p>Mountain Pose Half Squat Warrior 3 - back leg lift Standing 1 knee lift Standing 1 leg extended in front (optional) Modification: can use a chair or wall to assist with balance. Challenge: sweep arms forward in Warrior 3 and lift arms over head in Standing leg forward.</p>	<p>Balance Sequence 3: working core, entire leg, hip flexors, moving and static balance. From Mountain Pose. IN: (optional) sweep arms up over head. EX: squat to chair pose IN: lift 1 knee. EX: extend lifted leg back to Warrior 3 IN: return extended leg to forward knee lift. EX: (optional) extend leg forward (repeat sequence several times, alternating sides.)</p>
11		<p>Shake it out Tadasana Chair Forward Fold Half Forward Fold Modification: use a chair, to come to Half Forward Fold</p>	<p>To counter #10. Lengthen and relieve tension in the back and legs. 1. Come to mountain pose and wiggle jiggle your body. 2. Return to mountain pose - process your experience of the last balance sequence. IN: sweep your arms up to the ceiling EX: sit back in to chair pose, fold over your legs, releasing your head and neck. IN: place your hands on your shins and come up 1/2 way, lengthening your back. Moving with your breath, move in and out of folded chair to half forward fold.</p>
12		<p>Balance Play</p>	<p>Balance Sequence 4: working on recovery balance. From Mountain Pose come to balance on one leg, lifting the other. Play with movement, moving the lifted leg from side to side, back to front. See if you can bring yourself to the edge of imbalance without losing your balance.</p>
13		<p>Mountain Pose</p>	<p>Come to mountain pose - process your experience of the last balance sequence.</p>
14		<p>Apanasa - knees into chest</p>	<p>To release low back and hips. Come to lie on you back. Draw your knees into your chest and rock back and forth Circle your in together and away apart. Go both directions.</p>
15		<p>Deep Core Work Challenge: extend leg out to tap heel.</p>	<p>To strengthen the deep core. Come to lie on your back. Lift your shins so that they are parallel to the ceiling, knees over hips. Draw your low belly in. Without moving your pelvis and keeping this shape. Slowly lower one heel to the floor tapping it down then return to staring position. Moving slowly from side to side.</p>
16		<p>Figure 4 Pose Modification: can be done in a chair.</p>	<p>To stretch glutes. Come to lie on your back. Place 1 ankle over the other knee, making a figure 4 with your legs. Stay here, or if you want more, interlace your fingers behind your leg that has the foot on the floor and lift that leg up.</p>

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17



Savasana

Comet to lie flat on your back. Add support under your neck or knees as needed. Remain here for at least 5 minutes.

Remember, the best way to improve your balance is to practice balancing every day. Take time to stretch and strengthen your ankles and your feet.