



Arbutus Yoga



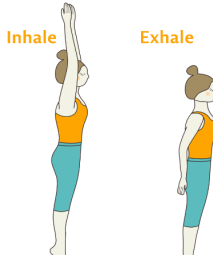

Balance ~ Home Practice

Yoga is an excellent form of exercise to maintain and improve balance, which assists with overall stability and fall prevention. Here is a simple set of movements and poses that can be done at home to support your balance. Move mindfully with your breath, staying within a comfortable range of motion.

Warm Up

Lie down and begin with several minutes of relaxation, followed by several minutes of full belly breathing. Do some gentle neck rolls, arm stretches, hip circles, ankle & wrist rotations.

Poses

<p>Foot Rolling</p> <ul style="list-style-type: none"> Standing, with support of a hand on the wall if needed, roll each foot for 1-2 minutes to stimulate circulation, release tension, and bring awareness to the feet. 	
<p>Mountain Pose (Tadasana)</p> <ul style="list-style-type: none"> Stand in Mountain Pose (see cues in pic at right) to establish your postural alignment. Take a few breaths and connect with your center of gravity. Bring attention to your lower body and connect with stability through the hips, legs and feet. Option: shift your weight left-right and feel the muscles of the ankles, legs and hips on each side as you transfer your weight to each side. 	 <p>4. CHEST AND RIB CAGE: broad, slightly lifted upwards CHIN: in line with chest</p> <p>5. ARMS: natural, side of the hips, a bit away from torso, inner elbows facing in PALMS AND FINGERS: facing in, fingers away, pointed down</p> <p>6. SPINE: lifted from base, long BACK AND FRONT: broad, slightly lifted up</p> <p>7. ENGAGED: slight engaging of quadriceps, gluteus, core NAVEL: pulled in</p> <p>8. GAZE: soft in front at a point BREATH: natural, soft © tumtee.com</p> <p>3. SHOULDERS: rolled back, away from ears, in line with hips</p> <p>2. HIPS: square</p> <p>1. LEGS: knees together, knee cap lifted up, thighs moving close to each other FEET AND TOES: feet together, grounded, active toes</p>
<p>Heel-to-Toe Flow</p> <ul style="list-style-type: none"> From Mountain Pose, inhale as you shift your weight forward to your toes and you reach arms laterally overhead. Exhale: lower arms and shift weight back to your heels, lifting your toes. Repeat 5-10 times to strengthen the feet and ankles, and prepare the body for balance. Tip: use your gaze to help steady your balance. Challenge: raise up higher on your toes and heels. 	
<p>Standing Balance Progression</p> <ul style="list-style-type: none"> Begin in Mountain Pose, with a chair or support nearby if needed. Progress in poses from left to right as you build strength + endurance. Tips: place hands on pelvis or chair for stability; fix your gaze (drishti). Stay balanced for as long as you can, then switch sides. 	
<p>Tree Pose (Vrksasana)</p> <ul style="list-style-type: none"> Begin in Mountain Pose, with a chair or support nearby if needed. Progress in poses from left to right as you build strength + endurance. Tips: place hands on pelvis or chair for stability; fix your gaze (drishti). Stay balanced for as long as you can, then switch sides. 	