

Classplan Description: Practice any of these postures whenever you remember to do so ~ the more frequently you practice, the better your balance.

	Pose Name	Pose Description/ Pose Transition Comments
	FOOT WORK: Supination/Pronation <i>(Golf Chakra)</i>	Pronate and supinate one foot at a time, holding your shin, thigh or using a strap. Try to keep the knee steady as the ankle moves toward full range of motion. Think of these practices as gentle ways to extend and flex the ankle, foot and toes, using extremely gentle movements. Massage both feet, toes, soles of feet, and upward onto your shin, especially the larger calf muscles to inspire circulation. This encourages myofascial engagement and release all the way into the hips and low back
	Toe Stretching <i>(Padanguli Naman)</i>	Point and flex gently, then pronate and supinate. Massage each knuckle of the toes...try to separate the toes and stretch a bit to encourage range of motion. THEN, play with a kleenex on the floor...drop it, and then try to pick it up with your toes...
	Seated Chair Pose <i>(Utkatasana Chair)</i>	Practice regularly, bare feet please. Select a relatively high chair whenever possible, so there is no strain on the knees. Slide all the way forward in the chair. Feel your toes and heels on the ground, strong and firmly planted. Reach your arms forward and breathe deeply, in a compassionate expression...slowly come to standing without lifting your toes. Then slowly sit back down, keeping the toes down.
	Chair Eagle <i>(Garudasana Chair)</i>	Slide forward in your chair, find the MIDLINE. Cross your legs, as close together at the top of the thigh as you can...hug the thighs together, the knees together and the shins...hug the MIDLINE. Cross arms or fold hands together. BREATHE. FEEL.
	Mountain w/block <i>(Tadasana Hastasana)</i>	Place a block, Kleenex box or large book between your knees when you practice this pose. As you release into utkatasana, hold the block steady...maintain balance, right and left legs move at the same pace as you go lower, and then rise up...
	Mountain Balancing #1 <i>(Tadasana)</i>	Primary Balancing Series, begin with: (1) Feet wide, find your MIDLINE. Choose a focal point. Sense stability and ease, safety. This is simple ~ sense this, feel this deeply, it is perfectly safe and effortless. Now, close your eyes and count to 20. (2) Now place feet side by side, touching. Sense the MIDLINE. Feel how this compares to the first posture and remember the felt sense of safety, close your eyes for 20 seconds. (3 & 4) Imagine that you are on a tightrope: place one foot ahead of the other. Find your center, then a focal point. Recall the felt sense of ease and stability from the earlier versions, then close eyes for 20 seconds. Be playful and remember, there is no such things as cheating...you may keep your eyes open...
	Eagle Pose <i>(Garudasana)</i>	From mountain pose, step one foot across the other. Hug your thighs together, knees, shins and ankles: focus on the MIDLINE. Hug the midline. Breathe deeply.