



INTRODUCTION TO YOGA FOR WOMEN

Week 7: Balance

Overview

There are many different poses in yoga that are designed to stimulate our sense of balance to help to improve it but to also bring many other benefits.

Our balance can change from day to day and even throughout the day, so don't be alarmed if one time you balance with ease, and another time it takes much more effort.

There are many things you can do to help you when practicing your balancing yoga poses. The key is to take it slow, and set up your foundations right.

Benefits

- Strengthens the core and other supporting muscles
- Improves concentration
- Enhances body awareness
- Improves coordination
- Increased stability
- Reduces risk of falls and injuries
- Boosts focus
- Increases resilience
- Brings a sense of accomplishment
- Quietens the mind

Principles of balancing

- Create a stable base with the body part that's on the ground (spread your toes / fingers)
- Focus on your breath and aim for it to be slow and steady to find calmness
- Fix your gaze (drishti) on a still point ahead of you
- Engage your core by drawing your navel in a little
- Don't be rigid and fixed - find micro bend in your supporting limbs, do little adjustments
- Focus the mind and be patient

- Draw into your middle line to help engage your muscles and find stability
- Don't rush

Balancing poses

- Tree
- Boat
- Spinal realignment
- Worrier 3
- Low lunge