

HOME PRACTICE SEQUENCE

Grace and Strength with Balance

Sequence and Photos: Kathy Prekoski

Model: Kim Lebo

Kathy teaches 12:00 - 1:15pm on Monday and Friday

At times, in order to be able to do a pose we need to break it down in order to build it back up. As a toddler there is joy in building up blocks, making them tumble and then beginning again. As we get older we become less interested in falling down and getting back up. We seek grace and strength in our movements and in our lives. When we are able to find balance, we find ease.

This sequence can be done without any props. Try it once on each side to begin and then increase to 5 times before switching to the other side as you progress.

1. Right foot stays planted. Inhaling left foot swings behind and points pausing to exhale.



To increase the challenge you can keep the foot of the moving leg from touching the ground at all times. Stand on a block (or thick book) to take it up a notch.



To simplify you can place a chair in front of you to hold for balance. You can also separate the arm



and leg movements. Instead of a chair you can keep your hands on your hips while moving one foot.

2. Arms reach out to the side with swan hands, thumb and fingers touching pointing down. Inhaling left foot



swings forward pointing toes and pausing to exhale.

3. Arms reach overhead, palms pressing together. Inhaling left foot wraps across standing leg and bending hips to sit into partial Eagle pausing to exhale.



4. Arms come behind with backs of hands on sacrum or hips opening chest and shoulders. Inhaling left leg unwraps and swings open into partial Tree pose



Stand with both feet grounded in Mountain pose in between. When you practice consistently you awaken your body and mind to balance with grace and strength.