

## *Balance for Life with Alison*

### *Daily Practice Exercises/ Poses*



**Devoting just 5 minutes a day to practicing a few simple exercises and yoga postures will improve your BALANCE FOR LIFE! \***

**Start by waking up your feet by rolling small ball under each foot!**

#### **1. Mountain Pose**

- stand tall, palms facing out, shoulders, palms facing forward
- shut your eyes and shift weight to toes and heels, side to side
- Make a few circles in both directions

#### **2. Walk the line**

- one foot in front of the other, heel to toe
- shift weight to front foot and then back foot
- weight equal on both feet
- close eyes
- repeat with other foot in front
  
- walk forwards heel to toe and then walk backwards (hold onto kitchen counter or wall until steady)

#### **3. Rock back and forth**

- step right foot forward diagonal to left foot
- lift toes of right foot, lift heel of left foot 5x
- rocking, start to lift front foot and then back foot
  
- legs about 2 feet apart feet forward
- start to lift heels and then rocking lift one foot at a time

#### **4. Stand on one foot**

- **bend leg and lift foot behind you**
- **touch toes to floor and lift 5x and then hold**
- **change feet**

#### **5. Leg lifts**

- **lift leg forward with bent knee, toes touching the ground, lift 5x and hold**
- **lift leg forward with bent knee, extend leg with foot flexed 5x and hold**
- **abduct leg sideways foot flexed and turned straight 5X and hold**

#### **6. Warrior C**

- **step forward, tilt and step back 5 x**
- **step forward, tilt and hold**
- **arms in prayer, extended or hold onto chair**

#### **7. Tree Pose**

- **leg is bent and knee out to side**
- **toes on or off the ground**
- **arms raised above head**

**\* Please use a chair or the wall until you feel steady**