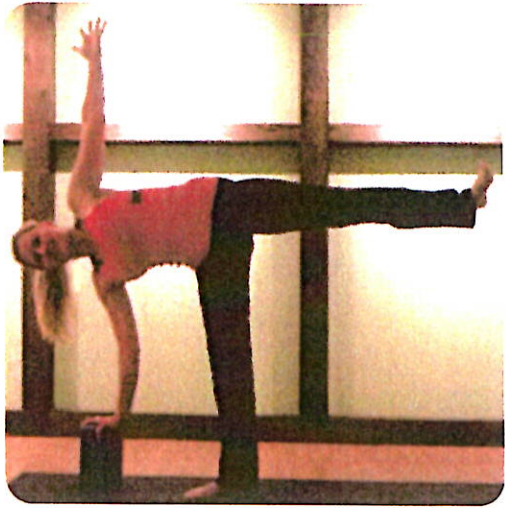


Half Moon



Golf Benefit

Increases lower body stability and upper body mobility which increases the "X factor" thus creating more speed and power for more distance.

How

Place the right hand approximately one foot in front of the right foot. Shift the weight onto the right foot and place the hand on the floor directly under the shoulder. Begin to shift the weight onto the right leg letting the left leg off the floor. Begin to open the hips toward the left rolling the hips open. Focus the eyes toward the floor.

Flow

Hold for 5-10 breaths. Switch sides.

Modifications

For more challenge, flow from half moon to revolved half moon holding each pose for a breath.

Place the right hand on a block.

Practice with the back against a wall or just the left foot on a wall for support.