



Patience: Dancer

From Mountain Pose, press into all four corners of your right foot as you inhale, bending the left knee and lifting your left leg behind you. Pressing back into your right thigh, lift the kneecap and root down to rise up. Place your left hand at your waist and begin to reach back to grasp the inside of the left ankle or foot (thumb faces upward). Exhaling, begin to bend at your hips lowering your torso while pressing back into your left hand with your foot. Hold for a few breaths keeping your gaze steady. While this is an advanced balancing posture, it is available to most body types while using a wall or chair with practice and patience. Placing the chair or wall in front of you, extend your right arm forward resting on the chair or wall, then lower your left arm to grasp your left ankle and extend into dancer pose as above. You may also choose to use a yoga strap or an old tie to hold your foot. Repeat on the opposite side with your left foot grounded.