Balance and Equanimity

Theme/Focus
- Equanimity, focus and concentration
- Find stillness in a wobbly world

"Do not look for joy anywhere else. It is living in you, and gives meaning to all Existence."
~ Judith Hanson Lasater

Key Actions for Standing Balance Poses
- Align your center of gravity over your base of support
- Pin the outer hips in toward the midline of the body
- Focus your gaze (dristi) 12-15 ft in front of you along the floor.

CENTERING

Supine Breath Meditation

1. Breathe up and down
   - right side of the body - 1 min
   - left side of body - 1 min
   - center line of body - 1 min
2. Breathe into the whole body all at the same time. Feel yourself complete and whole.

WARM UP

1. Supta tadasana (reclining mountain)
2. Supta urdhva hastasana (reclining upright hands)
3. Supta ardha chandrasana 1 (reclining half moon side stretch)
4. Supta padangusthasana 1 (reclining hand to big toe)
5. Parivrtta supta padangusthasana (revolved reclining hand to big toe)
6. Setu bandha sarvangasana (bridge)
7. Adho mukha svanasana (downward facing dog)
8. Uttanasana (standing forward bend)

EMPHASIS

9. Tadasana (mountain)
10. Urdhva hastasana (upright hands)
11. Vrksasana (tree)
12. Hasta padangusthasana (standing hand to big toe)
13. Adho mukha vrksasana (handstand)
    Option: Adho mukha svanasana (downward facing dog) with heels on wall
14. Tadasana (mountain)
15. Utkastasana (chair)
16. Garudasana (eagle)
17. Utthita hasta padasana (standing star)
18. Trikonasana (triangle)
19. Ardha chandrasana 2 (half moon)
20. Prasarita padottasana (wide-leg forward bend)

NEUTRALIZE

21. Adho mukha svanasana (downward-facing dog)
22. Dandasana (staff)
23. Ardha matsyendrasana (half lord of the fishes)
24. Gomukhasana (cow's face)
25. Upavista konasana (wide-leg seated forward bend)

COOL DOWN

26. Any restorative inversion such as:
    Sarvangasana (shoulder stand)
    or Viparita karani (legs up the wall)

SEATED PRANAYAMA

Nadi shodhana (alternating nostril)
Option: Sama vritti (equal breath)

SAVASANA

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