

This is the Focus on Overall Balance practice from Rodney Yee's Moving Toward Balance. Arm strength exercises have been added, along with boat pose;

**Warm up.**

Practice Hero Pose for 1 minute;

Practice Downward Facing Dog for 1 minute;

Practice Standing Forward Bend for 1 minute;

**Hand Stand.**

Prepare for Hand Stand; Hush for 15 seconds;

Practice Hand Stand for 30 seconds;

Rest for 30 seconds;

Practice Hand Stand a second time for 30 seconds;

Practice Mountain Pose for 30 seconds;

**Sun Salutations.**

Practice two mini Sun Salutations (type A), staying for five breaths in downward facing dog;  
Hush for 100 seconds;

Practice two full Sun Salutations (type B), staying for five breaths in Downward Facing Dog;  
Hush for 150 seconds;

Practice Mountain Pose for 30 seconds;

Practice Crow Pose for 1 minute;

**Standing Poses.**

Practice Triangle Pose for 30 seconds with your right foot forward;

Practice Triangle Pose for 30 seconds with your left foot forward;

Practice Volcano Pose for 30 seconds;

Practice Standing Forward Bend for 30 seconds;

Practice Extended Side Angle Pose for 30 seconds with your right foot forward;

Practice Extended Side Angle Pose for 30 seconds with your left foot forward;

Practice Tree Pose for 45 seconds on your right foot;

Practice Tree Pose for 45 seconds on your left foot;

Practice Warrior 1 Pose for 30 seconds with your right foot forward;

Practice Warrior 1 Pose for 30 seconds with your left foot forward;

Practice Warrior 2 Pose for 30 seconds with your right foot forward;

Practice Warrior 2 Pose for 30 seconds with your left foot forward;

Practice Half Moon Pose for 30 seconds on your right leg;

Switch to your left leg; Hush for 5 seconds; Practice Half Moon Pose for 30 seconds on your left leg;

Practice Standing Wide Angle Forward Bend for 45 seconds;

Practice Downward-Facing Dog for 30 seconds;

Move into Side Plank Pose on your right arm; Hold for 15 seconds;  
Move to Side Plank Pose on your left arm; Hold for 15 seconds;

### **Head Stand.**

Prepare for Head Stand; Hush for 20 seconds;  
Practice Head Stand for 1 minute;

### **Seated Poses.**

Prepare for Reclined Hero Pose; Hush for 20 seconds;  
Practice Reclined Hero Pose for 1 minute;

Practice Downward Facing Dog for 30 seconds;

Practice Camel Pose for 30 seconds;

Practice Downward Facing Dog for 30 seconds;

Practice Upward Facing Dog for 20 seconds;

Prepare for Upward Bow Pose; Hush for 20 seconds;  
Practice Upward Bow Pose for 5 seconds;  
Rest for 15 seconds;  
Practice Upward Bow Pose for 5 seconds;

Practice Cobbler's Pose for 30 seconds;

Practice Boat Pose for 30 seconds; Cross your legs and sweep forward up onto your hands then back to Boat Pose for 30 seconds; Sweep forward again and return to a seated position;

### **Twists.**

Practice Simple Twist to your right for 30 seconds;  
Switch sides to Simple Twist to your left for 30 seconds;

Practice Cross-Legged Twist to your right with you right knee on top for 30 seconds;

Switch to your left knee on top and practice Cross-Legged Twist to your left for 30 seconds;

Practice Marichi's Twist to your right with your left knee raised for 30 seconds;  
Practice Marichi's Twist to your left with your right knee raised for 30 seconds;

Practice Cobbler's Pose for 1 minute;

Practice Marishi's Twist 3 to your right with your right knee raised for 30 seconds;  
Practice Marishi's Twist 3 to your left with your left knee raised for 30 seconds;

### **Reclined Poses.**

Get the strap to prepare for Reclined Leg Stretch; Hush for 7 seconds;  
Practice Reclined Leg Stretch straight leg for 30 seconds with your right leg;  
Change to Sit up version for 15 seconds;  
Practice Leg To The Side version for 30 seconds;

Practice Reclined Leg Stretch straight leg for 30 seconds with your left leg;  
Sit up for 15 seconds;  
Practice Leg To The Side version for 30 seconds;

Practice Seated Forward Bend for 1 minute;

Practice One Legged Forward Bend with your right leg straight for 30 seconds;  
Practice One Legged Forward Bend with your left leg straight for 30 seconds;

Practice Cross-Legged Forward Bend with your right knee on top for 30 seconds;  
Practice Cross-Legged Forward Bend with your left knee on top for 30 seconds;

Practice Cobber's Pose with a slight backbend for 30 seconds;

**Cool down.**

For 30 seconds sit in Seated Cross-Legged Pose and practice ujjayi breathing;  
Switch legs for another 30 seconds. Continue you-jah-jee breathing;

Practice Corpse Pose for 3 minutes;