

Yoga Balance Videos

Standing Balance Exercises for Better Body Awareness and Control



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Intro

Each of the videos below focuses on a single exercise or set of related exercises. I'd suggest watching a video and doing the exercise along with the video. Then see if you can remember the key points so that you can do the exercises without watching the video.

In each exercise the instructions I give are to tell you how to do each exercise but equally important where to focus your awareness while doing each exercise.

While doing each exercise focus your awareness so that you can feel changes in sensation.

For the majority of the exercises below you'll be focused on feeling your feet. When rocking forwards and backwards or side to side notice the way the pressure changes throughout your foot. Then to control where your weight is, deliberately move your body in such a way that you can feel your weight shifting (via your feet) in the direction desired.

So that you get a better feel for your feet work at moving slowly and even more importantly smoothly.

In addition, when moving back and forwards or side to side, try to make the direction changes smooth also. Basically try to match your speed to the speed that I do the exercises with in the videos.

Narrow your focus if you have to think about what you are trying to do.

If an exercise is too easy then expand your awareness.

In general, if you have difficulty with feeling your body then narrow your focus. If the exercise is too easy then expand your focus.

For example if focusing on activating your feet and lengthening the spine is too much then:

- first focus on activating the feet in isolation.
- Then practice lengthening the spine in isolation.
- Then work at putting the two actions together.

When isolating, practice to the point that you can do the exercise without having to think about how to do it.

Balance Basics 1¹² minutes

Foot activation for standing poses and balancing on one foot.
Learn how to stabilize the feet and ankles

Balance Basics 2⁷ minutes

Front to Back weight shifting with a focus on feeling your feet
(and “controlling” your center)

Balance Basics 3^{6.50}

Keeping center over foundation while shape changing in the front to back plane. First with weight forwards, then weight back, then with weight centered over your feet.

Balance Basics 4^{10minutes}

Shifting center with body in different configurations including squat and bakasana.

Balance Basics 5^{9 minutes}

Side to side weight shifting

Balance Basics 6^{6 minutes}

Finding Vertical while balancing on one leg

Balance Basics 7^{8 minutes}

Turning your feet into gravity sensors

Balance Basics 8^{2.30}

Using your feet to sense when you have arrived at a desired position.

Balance Basics 9⁵ minutes

Using your toes to help feel your center and control it with minimum effort (and how this can apply to headstand)

Balance Basics 10⁷ minutes

Balancing with foot turned out in half moon and side balance (including weight shifting and foot positioning exercises)

Balance Basics 11¹³ minutes

Intro to balancing in Mountain Pose, Tree Pose, Eagle Pose, Warrior 3

Balance Basics 12^{8.30} minutes

Breathing

Balance Basics 13¹² minutes

Gradual foot activation while rocking forwards

Balance Basics 14⁶ minutes

Walking

Balance Basics 15⁶ minutes

Body scanning in mountain

Balance Basics 16⁶ minutes

Weight shifting and breathing in mountain pose and tree pose

Balance Basics 17⁵ minutes

Warrior 3 rocking forwards and back

Balance Basics 18⁴ minutes

Weight shifting in Eagle Pose