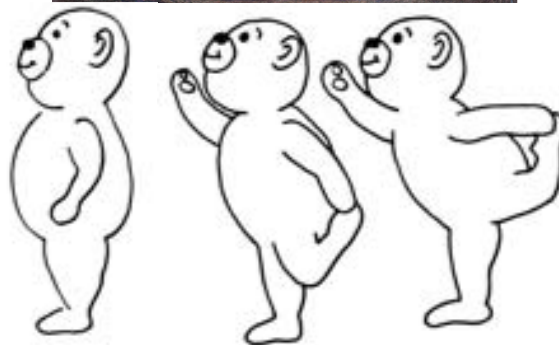


# Dancer's Pose



*Mountain pose*

*Small Tree pose*

*Dancer's pose*

## Benefits of Dancer's Pose

Core support, balance, strength through thighs and arms.

## Virtues Developed

Grace, confidence, balance, focus, concentration, motivation.

## How to do Dancer's Pose

Mountain Pose Small Tree Pose Dancer's Pose

Start in *Mountain Pose*, breathe in and step right foot forward, hold left foot in left hand (small *Tree Pose*) and stay here for option one. For option two, press foot into hand and lift foot to sky. Reach right hand forward. Press body down, but lift head and heart. Lift leg higher, stay focused and hold for up to thirty seconds, using your breath to stay focused. Look at one spot to help you balance. Return to *Mountain Pose* and change sides.