

Balancing stick pose

Tuladanda- sana



25.



Support on your leg in a way it would be easy to hold the balance. Don't go too far right away! After some time and practice you will be able to lift your leg parallel to the floor and keep your hands in front of you. This is an advanced pose. It ensures great work-out for entire body.

Stand on one leg, bend forward. Raise the opposite leg and stretch it to make one line with the torso. Spread your arms into sides like a swan spreading the wings, when it sits on a lake. Keep the balance. This pose gives the feeling of space and controls the position of your body in it. It is a balancing stick pose.