




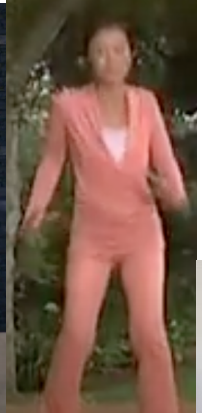


## Let's Practice Balance – Grounded and Centered



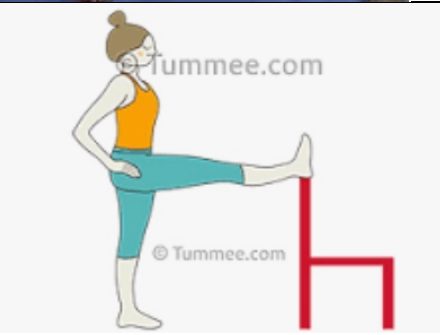


“Falling Is Not an Option: A Way to Lifelong Balance.” The author, George Locker, a lifelong student of martial arts and teacher of tai chi, adapted the lessons of these ancient arts into an approach he has trademarked as “Postural Retraining.”





“Balance,” Mr. Locker wrote, “is not a skill,” and it “is not attained by aptitude, memory or repetition.” In an interview, he said, “Balance is not about moving, thinking about it, being athletic or strong.” Nor is it subject to willful control. Rather, it is something the body learns to do automatically by engaging the postural muscles. Given the amount of sitting most of us do these days, “the postural muscles literally forget how to maintain balance, even on steady, level surfaces,” he wrote.

The ultimate goal, Mr. Locker said, is to achieve “a tremendous connection to the ground so that when you get pushed, instead of lifting up your shoulders and falling forward, your knees and ankles bend and the body naturally pushes into the ground.”

[https://www.nytimes.com/2020/12/14/well/live/elderly-balance-falls.html?campaign\\_id=18&emc=edit\\_hh\\_20210618&instance\\_id=33259&nl=well&regi\\_id=78671502&segment\\_id=61012&te=1&user\\_id=5325078c6d7a42745bf17ef71a76c57a](https://www.nytimes.com/2020/12/14/well/live/elderly-balance-falls.html?campaign_id=18&emc=edit_hh_20210618&instance_id=33259&nl=well&regi_id=78671502&segment_id=61012&te=1&user_id=5325078c6d7a42745bf17ef71a76c57a)

<p>Standing Warm-Up</p>	<p>Tadasana</p> <ul style="list-style-type: none"> <li>• Arms by your side</li> <li>• Arms Up</li> <li>• Arms out</li> </ul>	 
	<p>Shaking and Bouncing and Facial Stretching</p>	   

	Down Dog to the Wall		
	Wide Legged and Wall Supported Forward bend (Hips rest at the wall)		
Standing Balance	Leg Lift to Chair at the Wall		
	Side Angle Pose with Leg lifted to Chair  NOTE: This photo doesn't show the leg lifted to a chair seat		

	Down Dog to the Wall		
	Tree Pose at Wall or Knee Raised into one hand	 	
	Star Pose		

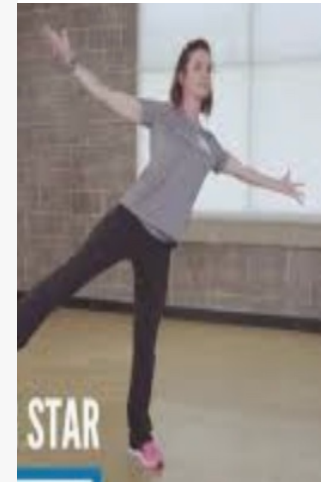
Vinyasa – Flowing movement with breath




- Arms raise into standing backward bend
- Swan dive FB and then back up to standing
- Hands/Fingers Lace overhead and then into a side stretch to each side Arms Lower to your side
- Star Pose, both sides
- Arms raise to shoulders height and then twist to each side
- Back to center and then arms raise and then knees bend into Chair Pose -- hold and shift weight into one leg/hip and lift the heel of the other foot and repeat to both sides; Stand and raise arms into prayer position

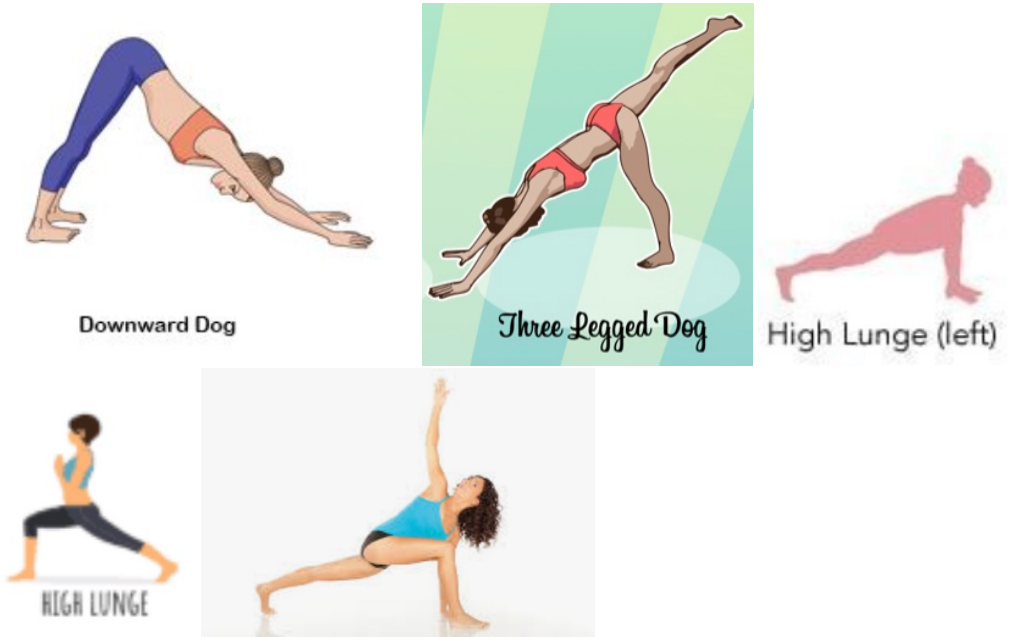


Repeat Sequence 2-3 times.





Forward Fold



<p>Standing Flexibility and Strength</p>	<p>Wide Legged Forward Bend</p> <ul style="list-style-type: none"> <li>• Hold, Release</li> <li>• Add side to side movements</li> </ul>	 
	<p>Warrior II</p> <ul style="list-style-type: none"> <li>• Dynamically</li> <li>• Then Hold</li> </ul>	

Transition to Floor	<p>Downward Dog</p> <ul style="list-style-type: none"> <li>• Hold</li> <li>• One Leg Lifted</li> <li>• Step through to High or Low Lunge</li> <li>• Add arms raised to gentle backward bend or into prayer position</li> <li>• Twist</li> </ul>	 <p>The illustrations show four yoga poses: 1. Downward Dog: A person in a blue top and orange shorts in a full inverted V-shape. 2. Three Legged Dog: A person in a red top and shorts with one leg lifted high. 3. High Lunge (left): A pink silhouette of a person in a lunge. 4. High Lunge: A person in a blue top and black shorts in a lunge with one arm raised.</p>
Seated	Dandasana	 <p>A man in a purple tank top and grey pants is performing Dandasana (Staff Pose) outdoors, sitting on a stone ledge with a body of water and a city skyline in the background.</p>
	Twist to Asymmetrical Forward Band	 <p>Two photographs showing yoga poses: 1. A man in grey shorts performing a seated twist (Marichyasana). 2. A man in a grey t-shirt and black shorts performing a seated forward bend (Uttanasana).</p>



Reclining	Hip Releases		
	Bound Angle Pose, Reclining and Supported		
	Savasana/Sivasana		