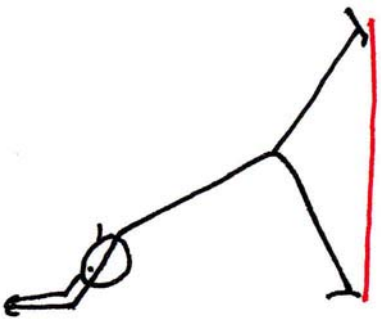
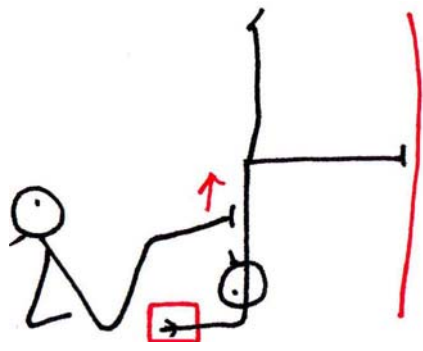
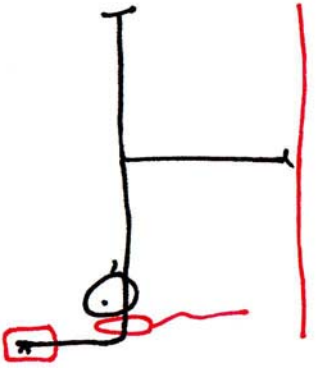
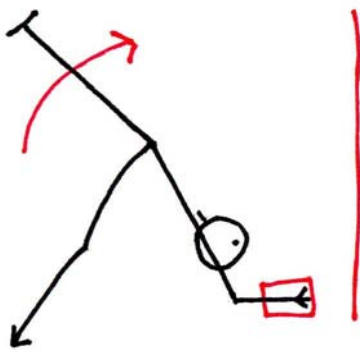
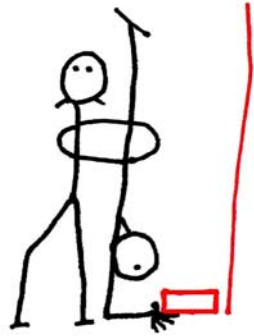
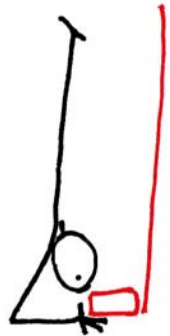


# Options for Forearm Balance

Pincha Mayurasana (Feathered Peacock Pose)

 <p><b>Dolphin @ Wall</b></p>	<ul style="list-style-type: none"> <li>• From All Fours with feet touching wall</li> <li>• Place elbows shoulders width, clasping hands together</li> <li>• Lift knees into Dolphin</li> <li>• Ground elbows and wrists and draw scapula down back engaging Serratus Anterior.</li> <li>• Raise R leg up wall with toes turned under, keeping hips square and core strong – hold up to <b>1 minute each leg</b></li> </ul>	 <p><b>Partner Half Dolphin @ Wall</b></p>	<p><b>PARTNER POSE:</b></p> <ul style="list-style-type: none"> <li>• Sit with back to wall and legs straight to measure leg length</li> <li>• Place elbows where heels were with block between palms, lift into Dolphin</li> <li>• Partner lies on back and places feet on your shoulder blades</li> <li>• Step R foot hip-height on wall with knee bent, press foot into wall as you raise L foot to meet R, ground legs toward ceiling – hold <b>1-2 minutes.</b></li> </ul>
 <p><b>Strapped Half Dolphin @ Wall</b></p>	<ul style="list-style-type: none"> <li>• Sit with back to wall and legs straight to measure leg length</li> <li>• Place shoulder-width strap around upper arms and place elbows where heels were, block between palms, lift into Dolphin</li> <li>• Step R foot hip-height on wall with knee bent, press foot into wall as you raise L foot to meet R, ground legs toward ceiling – hold <b>1-2 minutes.</b></li> </ul>	 <p><b>Practice Kicking Up</b></p>	<ul style="list-style-type: none"> <li>• Come into Dolphin with hands clasping block a few inches away from wall</li> <li>• Walk R foot in a few inches and bend knee</li> <li>• Swing L leg up towards wall and hop on R foot <b>3-5 times</b></li> <li>• Switch to R leg, hopping on L foot <b>3-5 times.</b></li> </ul>
 <p><b>Partner Pincha Mayurasana</b> (Partner Forearm Balance)</p>	<p><b>PARTNER POSE:</b></p> <ul style="list-style-type: none"> <li>• PARTNER stands with back to wall and asks which leg you will kick up with.</li> <li>• Come into Dolphin with hands palm down, block between index and thumb, block touching wall</li> <li>• Bend one knee and step that foot in, kick up with other leg</li> <li>• PARTNER – lean away from leg kicking up to protect your face – hold their HIPS to keep them steady, stay <b>10-20 breaths,</b></li> </ul>	 <p><b>Full Pincha Mayurasana</b> (Full Forearm Balance)</p>	<ul style="list-style-type: none"> <li>• Come into Dolphin with hands palm down, block between index and thumb, block touching wall</li> <li>• Walk one foot in, knee bent; swing other leg up towards wall as you hop on first foot.</li> <li>• Your hips have to go over your head in order for you to go up.</li> <li>• Rest heels against wall and lengthen tail towards ceiling, grounding forearms.</li> <li>• Stay <b>up to 1 minute,</b> release into Childs pose</li> </ul>