

## Personal Best Balance 1

# Tree Balance



Stand up tall. Raise your right foot and place it on your inner thigh, toes pointing down. Raise your arms. Bring your palms together. Hold steady for 30 seconds. Carefully lower your foot and repeat on the other side

Practice every day to see if you can improve your pose or the length of time you can hold your pose.

Tweet your efforts @knowsleyssp  
Remember this is about achieving your own Personal Best



## Personal Best Balance 2



# Butterfly Balance



Sit up with the soles of your feet together, pull your heels close to your body. Hold your knees and gently move them up and down like butterfly wings 30 times. Keep your elbows bent so your shoulders stay relaxed

Practice every day to see if you can improve your pose or the length of time you can hold your pose.

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## Personal Best Balance 3



## Bow Pose



Lie on your belly with your forehead on the ground. Bend your knees, then reach back and take hold of your ankles. Breathe in and lift your head, shoulders, chest and thighs. Press your feet back to help you increase the arch. Your body now forms the shape of a bow. Hold for 30 seconds. Breathe out as you come down release your ankles and rest your head to one side.

Practice every day to see if you can improve your pose or the length of time you can hold your pose.

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## Personal Best Balance 4



# Warrior Balance



Stand up straight, separate your feet wide apart turn your right foot 90 degrees and turn your left foot in slightly. Breath in and raise your arms to shoulder level. Breath out and bend your right knee. If your bent knee extends beyond your toes widen your stance. Turn your head to look over your right arm. Hold for 30 seconds. Repeat on the other side.

*Practice every day to see if you can improve your pose or the length of time you can hold your pose.*

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# Personal Best Balance 5 Summit Pose



Sit on your heels and walk your hands forward until your arms are extended, shoulder width apart. Turn your toes under and lift your hips so your body forms the shape of a mountain summit. Press your heels down and move your belly and chest towards your thighs so your mountain peak taller and sharper. Move your shoulders away from your ears. Hold for 30 seconds.

Practice every day to see if you can improve your pose or the length of time you can hold your pose.

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## Belly Breathing



Sit up in a comfortable crossed legged position and place your hands on your belly. Breathe in expanding your belly like a balloon. Your hands move out. Breathe out squeezing all the air out of your lungs. Your hands move in. Continue breathing slowly like this until you feel calm and relaxed.

Practice every day to see if you can improve your pose or the length of time you can hold your pose.

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Share your balance poses on Twitter  
using **@KnowsleySSP** so we can see  
what you have been doing!

**#StaySafeStayActive**  
**#StayHomeWorkOut**

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