yogalike

Standing yoga poses for balance

About 6 min · holds and time to come into each pose



1. Mountain Pose

Arms by your sides · hold 30 s

Find your weight evenly over both feet before standing on one.



2. Tree Pose

Foot on the calf · left side · hold 30 s



3. Tree Pose

Foot on the calf · right side · hold 30 s



4. Mountain Pose

Arms by your sides · hold 15 s

A breath on two feet.



5. Warrior III

Hands on blocks · left side · hold 15 s



6. Warrior III

Hands on blocks · right side · hold 15 s



7. Mountain Pose

Arms overhead (Urdhva Hastasana) · hold 30 s

yogalike · scan to practise, no account needed

https://yogalike.lp-data.cloud/practice?pose=mountain&variant=classic&hold=30&sequence=standing-balance&step=1&from=printable

It offers practice guidance, not medical advice, and it cannot tell whether a pose is right for your body. Move within what feels comfortable, and stop if anything hurts.

Free to print and share with your students, as long as this line stays on the sheet.