

Dancer Pose

Why we do it:

Balance and core stability.
Full body strength and flexibility through
shoulders, hips and spine.

Functional Benefit:

Stability
Flexibility



Stand in the neutral position with your feet together. Get ready to do 2 things at once.



Lift your left arm to the side for balance.

Bend your right leg until you can hold your ankle.

Bring your right foot to your buttocks and hold.



Come back to the centre and repeat on the left.