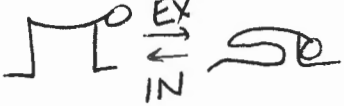
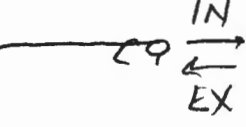

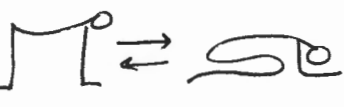

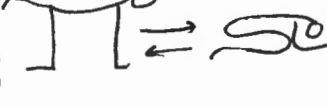







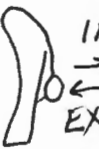



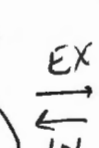


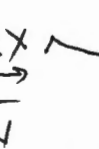


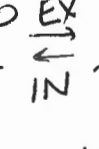

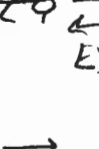
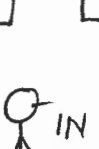
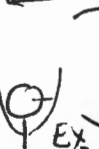





**Balance Practice**  
**Kathy Ornish, 2013**

Throughout the practice, especially in balance, try and stay relaxed  
 Even when in a static pose, use the breath to create small movement.

1.  6X REPEAT
2.  IN  
EX  
 LEGS WIDER 3X REPEAT EACH
3.  ↔  ;  ↔  • 3X REPEAT  
• 3X EACH, ALT
4.  IN  
EX  
 EX  
IN  
 ;  • REPEAT 6X  
• STAY 3B
5.  STAY 4-6B
6.  EX  
IN  
 IN  
EX  
 ;  END W/  
3B STAY  
 STAY 1B, 2B  
 • REPEAT 2X  
 • STAY 1B, 2B, 3B
7.  EX  
IN  
 IN  
EX  
 • REPEAT 2X  
• STAY 1B, 2B, 3B
8.  EX  
IN  
 IN  
EX  
 • REPEAT 2X  
• STAY 1B, 2B, 3B
9.  EX  
IN  
 REPEAT 6X
10.  EX  
IN  
 • REPEAT 2X  
• STAY 1B, 2B, 3B
11.  EX  
IN  
 • REPEAT 2X  
• STAY 1B, 2B, 3B
12.  ↔ 
13. 

NOTE: COME OUT BETWEEN  
 1B, 2B, & 3B STAYS