



Ms. Julie C.'s Yoga Poses: Crane Pose



Crane Pose

- Bend the knee in front of you so that your thigh is parallel with the floor.
- Keep the shoulders relaxed.
- Gently bend the elbows with the palms of the hands facing the floor.
- Switch sides.

Modifications

- Hands can be on the hips.
- The lifted foot can be held closer to the floor.

Benefits

- Develops balance.
- Strengthens feet and ankles