



## Ms. Julie C.'s Yoga Poses: Pose of the Dancer



### Dancer Pose

- Press the lifted foot into your hand and raise the knee.
- Hold the opposite hand in front for balance.
- Switch sides.

### Modifications

- The bent knee can stay down alongside the supporting leg.
- You can hold onto a chair with the extend hand for support.

### Benefits

- Stretches the thighs
- Strengthens feet and ankles
- Helps develop balance