

FLOW 11 OF 18 | INTERMEDIATE

Balance in Motion

Attention that travels with you



inhale - exhale

CLASS MAP

A complete intermediate practice progressing toward Dancer Pose linked to Eagle and Half Moon. Every peak is optional; the quality of attention is the real practice.

INTENTION

I wobble, respond and begin again.

45-MINUTE ARC

ARRIVE	4 min
WARM	7 min
TRAVEL	12 min
BALANCE ARC	12 min
SETTLE	5 min
REST	5 min

PROPS AND SETUP

Mat, block and access to a wall.

ACCOMPANYING MUSIC

Open the matching private Spotify playlist as students settle. Let the final track continue beneath Savasana.

OPEN PLAYLIST IN SPOTIFY

MOVEMENT SEQUENCE**Arrive | 4 min**

- Mountain Pose; shift weight through the feet
- Single-leg hover with wall support

Warm | 7 min

- Bird Dog and knee-to-elbow
- Low Lunge to Half Split
- Three-Legged Dog

TEACHING RHYTHM

Demonstrate complex transitions before adding pace. Cue one action at a time, repeat both sides, and leave enough silence for practitioners to sense their own response.

MOVEMENT SEQUENCE**Travel | 12 min**

- Warrior II to Side Angle
- Half Moon with block
- Standing knee drive to Warrior III

Balance arc | 12 min

- Tree Pose to Eagle
- Dancer Pose with strap option
- Repeat both sides with a reset breath

TEACHING RHYTHM

Demonstrate complex transitions before adding pace. Cue one action at a time, repeat both sides, and leave enough silence for practitioners to sense their own response.

MOVEMENT SEQUENCE**Settle | 5 min**

- Seated forward fold
- Reclined bound angle

Rest | 5 min

- Savasana; feel the ground holding you

TEACHING RHYTHM

Demonstrate complex transitions before adding pace. Cue one action at a time, repeat both sides, and leave enough silence for practitioners to sense their own response.

PEAK PATHWAY

Dancer Pose linked to Eagle and Half Moon.

SAFETY AND ALTERNATIVES

Practise near a wall and keep the gaze steady. Step out of any balance before fatigue changes the standing-knee alignment.

POTENTIAL BENEFITS

Trains proprioception, ankle and hip stability, coordination and the ability to recover calmly from instability.

PROGRESSIVE-PRACTICE CHECKLIST

- Breath remains steady and available.
- Joints feel supported rather than compressed.
- You can leave the pose calmly at any time.
- An easier variation is treated as a complete practice.
- Pain, dizziness, numbness or visual disturbance means stop.

A SHORT HISTORY

Balance postures became increasingly prominent in modern asana systems. Their contemplative value comes from the immediate feedback they give about attention and effort.

SPIRITUAL REFLECTION

Balance is not stillness without movement. It is a living conversation between change and response.

CLOSING PRACTICE

Sit for three natural breaths. Notice what changed without judging it. Offer the benefit of practice beyond yourself through one patient, generous action.

TEACHER NOTE

Advanced shapes are specialised skills, not proof of spiritual attainment. Adapt for the person in front of you and refer to qualified medical or therapeutic support when appropriate.