

## BALANCE STICK    HH08

Tulandandasana

### DIRECTIONS

Face the anchor holding the rope with both hands.

The body forms the letter T.

- Lock the knee of the standing leg.
- Bend over to form the T.
- Align the arms with the ears and keep chin up.
- Lock the knee of the rear leg - which is raised with pointed toes.

### IMAGERY

Visualize your body forming the letter T.

### BENEFITS

Balancing Stick Pose is an advanced yoga posture. It is part of the popular Bikram Hot Yoga series. This balancing posture is great for strengthening the legs, back and midsection.

### BALANCE NOTE

Visualize each part of the balancing foot pressing on the floor equally:

- Big Toe
- Little Toe
- Heel