

## FIGURE 0

## HH06

### DIRECTIONS

Face the anchor holding the rope with both hands.

Stand firm on one leg.

Lift the other leg and begin drawing circles with a bent knee.

Change direction and circle the other way.

Repeat for the other side.

### IMAGERY

The leg is drawing the number 0 in this pose.

### BENEFITS

This is the second of four in the Hip Balance series.

The standing leg benefits in balance and strength.

The circling leg experiences internal and external rotation of the hip.

### BALANCE NOTE

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

- Big Toe
- Little Toe
- Heel