



Low Arm Balance Workshop: Finding Your Crow!

Practice Safely In Your Own Home With This Warm Up & Step by Step Guide



Arm Balance Warm Up Exercises

Spend at least 10 to 15 minutes warming up the body:

- Wrist/Forearm Exercises
 - Table top hip circles w/alternating grip
 - Back of hand on the mat, rotate elbow towards body
 - Gently wrap fingers around wrist and make circles with fist
- Core Work
 - Boat Pose
 - Knee to shoulder & wrist in down dog
- Sun Salutation A & B (x2)
- Low Lunge
- Spinal Twists
 - Supine Twist
 - Chair Prayer Twist
- Shoulder/Scapula Activation
 - Cow & Cat Pose
 - Shoulder shrug circles
 - Alternate hand grab behind back: one hand over, one hand under (use strap or tee shirt for assistance)



Crane Pose 5 Step Progression

Step 0: Malasana Squat Squeeze (Warm Up)

- Squeeze knees into elbows as elbows push into knees
- Tuck tailbone underneath you while engaging your glutes

Step 1: Hip Raises (Hamstring Stretch)

- While keeping knees in contact with your arms, raise your hips to the ceiling
- Feet stay stationary
- Stop before your knees lose contact with your arms

Step 2: Tippy Toe Lean (Pelvic Floor Engagement)

- While hips are raised, start to shift hips forward until you are on your tippy toes
- Look up at the ceiling

Step 3: Alternate Leg Lifts (Core Fires Up)

- Lift one heel to butt while flexing/pointing your toes
- Alternate feet
- Keep knees tucked high on arms

Step 4: Take Off! (Crow Pose)

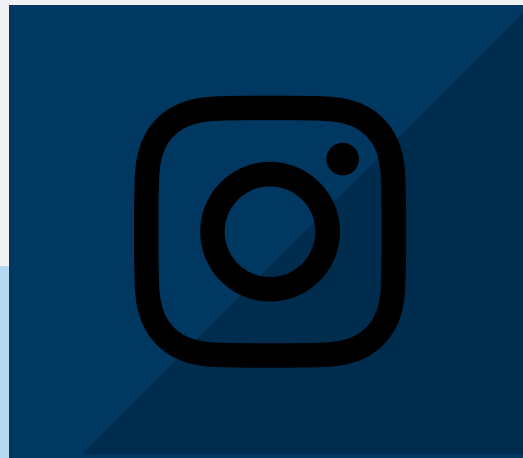
- As one foot is in the air, lean forward and take flight
- Point your toes
- Don't forget to look up & maintain pelvic floor and core engagement

Step 5: Straighten Your Arms (Crane Pose)

- Ensure grip is strong, knuckles pulled up
- Engage triceps to straighten elbows
- Fly Away!

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