



Airplane Pose

Strengthens legs and improves focus



“I fly through life with ease.”

Stand and reach your arms wide to the sides like the wings of an airplane. Balance on one leg as you lift the other leg off the ground, toes pointed back. Keep the waist line level. Strengthen the back leg as you lengthen the arms through the fingertips. Focus on a point in front of you. After a few breaths, bring the arms down and foot to the floor. Repeat on the other side.

Caution: Avoid with pregnancy or back, hip or blood pressure issues.

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Check with a healthcare professional to make sure these exercises are appropriate for you.