

# Standing On Blocks



## Benefits:

- Leg Strength
- Ankle Stability
- Hip Stability
- Better Balance
- Better Posture

## Step by Step

- Stand with your whole foot on a yoga block. Use two blocks – one in front of the other – if you have big feet. Anchor the 4 corner of the foot into the block(s).
- Lift your toes (not the ball of the foot) up, to center your ankle over your foot.
- Start with both feet exactly next to each other.
- Check that both hip bones are right next to each other.
- Make sure that both hip points are pointing directly forward, like headlights.
- Keep the body weight slightly more on the inside of the foot, so your hip doesn't push out to the side. Your leg should be as vertical as it can be.
- Keep the free foot on the same height as the one on the block. Avoid dropping the foot lower than the other, nor lift it higher.
- Keep your body and shoulders facing straight ahead.
- Turn the foot slightly in, so all toes point straight ahead.
- Keep your knees straight, neither locked nor bent.