



EAGLE

Participants

Any number of participants.

Time Allotment

5 Minutes or less

Activity Level

Moderate

Materials

No materials required

Calm. Clarity. Focus. Balance. Integration.

Method

Step 1. Stand tall and strong with your arms at your sides and your feet about hip distance apart. Rock back and forth on your feet a few times until you find a comfortable center – this is your mountain base. Find a small unmoving object across the room in your line of vision. Focus your eyes on this object. This is your “Focus Point”.

Step 2. Extend both arms out straight in front of you and bend at the elbows. Cross the left elbow over the right elbow. Wrap the forearms so that your palms come together.

Step 3. Shift your weight to your left foot and bend your knees slightly. Lift your right leg and wrap it up and over the left. You may choose to keep your right big toe on the floor for balance.

Step 4. Breathe, continuing to gaze past your arms to your focus point for several breaths.

Variation(s)

Standing. Begin in Mountain. Cross your right foot over your left. Stretch your arms out in front of you and cross your right wrist over your left. Turn your palms to face each other and interlock your fingers. Bend your elbows out and bring your hands in towards your body until they rest at the center of your chest. Find a focus point with your eyes and rest your tongue on the roof of your mouth behind your teeth. Breathe evenly in this position for 60 seconds or more. Notice how you feel.