



# KING DANCER

## *Participants*

Any number of participants.

## *Time Allotment*

5 Minutes or less

## *Activity Level*

Moderate

## *Materials*

No materials required

## **Full Body Stretch. Soothe. Release. Energize. Focus.**

### *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.** Begin to shift your weight to your left foot and raise your left arm in front of you for balance.

**Step 3.** Bend your right knee to lift your foot up behind you. Reach back with your right hand to grab the outside edge of your foot.

**Step 4.** Keep your hips facing forward, chest open. Breathe and balance here for several breaths or for as long as you can stay balanced on one foot.

**Step 5.** Slowly return to mountain base before switching sides.

### *Variation(s)*

**King Dancer Challenge.** Come into Dancer as described. Press your foot into your hand as you bend forward at the hips. Turn your left hand palm-side up and bring your arm into a gentle curve. Hold this position for several breaths before switching sides.

**Hop and Balance.** While in King Dancer, try hopping in place while turning in a circle. Switch legs and try hopping and turning the other way. Is one side or direction easier than the other?

**Double Dancer.** Face a friend. Connect the same side hands above. Both partners reach back for his outside foot. Look into each other's eyes. (Try not to giggle!) Support one another to balance and focus. Hold for several breaths or count together by 1's, 2's, 5's, etc.