BODY POSITIONS

- T STAND
- PIKE SIT / STAND
- STRADDLE SIT / STAND
- TUCK
T STAND
STRADDLE

SIT & STAND
STATIC BALANCE & SUPPORTS

- FORWARD BALANCE
- FRONT SCALE
- KNEE SCALE
- STORK STAND
- HEAD TOUCH
- SIDE SUPPORT
- REAR SUPPORT
- HAND/KNEE BALANCE
- SINGLE KNEE BALANCE
- DOUBLE KNEE BALANCE
- ROCKER
- SUPER HERO
- V SIT WITH/WITHOUT HAND SUPPORT
- EGG SIT
- SHOULDER /FEET BALANCE
- SIDEWAYS BALANCE
FRONT SCALE
KNEE SCALE
STORK STAND
HEAD TOUCH
SIDE SUPPORT
REAR SUPPORT
HAND KNEE BALANCE
SINGLE KNEE BALANCE
DOUBLE KNEE BALANCE
V SIT

WITH HANDS

WITHOUT HANDS
EGG SIT
SHOULDER FEET BALANCE
SIDEWAYS BALANCE