



JANUARY VESTIBULAR CHALLENGE

Tree Pose

Stand near a sturdy object, like a couch, sturdy chair, countertop, or kitchen sink.

- Stand on one foot, placing your foot flat against the inside of your shin. Hold for 30 seconds.
- Place your hands in the 'prayer' position at your sternum



Scaling options

Easier:

- Hold onto a sturdy object with a hand or a few fingers
- Place your foot against your ankle with your toe tapping down on the ground

Harder:

- Place your hands overhead
- Place your foot onto your thigh instead of your shin





Balance

Challenge Tracker

MON	TUE	WED	THU	FRI	SAT	SUN

- Cross off each day you were able to practice your balance exercises!
- There's no failing here, It's just a fun way to measure success, and it's completely optional!
- Have you noticed improvements in your balance?