

# flight club

*Move forward with balance and skill to fly fearlessly in Eka Pada Galavasana.*

**When you see** an experienced practitioner lift and extend into the powerful Eka Pada Galavasana (One-Legged Balance), it's easy to see why this arm balance inspires awe: It looks like a bird balanced effortlessly on a branch. Finding this delicate perching point with the human body requires strength, flexibility, and skill. And it can invoke a healthy dose of fear, particularly of teetering forward and falling on your face.

This anxiety is perfectly reasonable. We're wired to avoid circumstances where we hurt ourselves, even if we're only bruising our egos. But one of the most compelling reasons to practice arm balances is to **push beyond perceived boundaries**. Not thoughtlessly, but consciously and skillfully. And herein lies the true beauty of this pose: What you have to gain

from the practice of Eka Pada Galavasana is not limited to achieving an impressive physical form. By facing your fears and skillfully moving forward in spite of them, you'll develop a healthy knowledge of your limitations as well as a deeper understanding of your potential.

The physical actions that the pose requires mirror this mental approach: Whether you balance with your torso and legs parallel to the floor, as the pose is taught here, or soar into the variation of the pose with your torso and extended leg flying high above your shoulders, the amount of weight in front of your elbows must match the weight behind your elbows. Easier said than done, as the floor beckons, and you imagine yourself toppling forward.

In the current variation of Eka Pada Galavasana, there is a greater demand on your overall strength and concentration. To develop the >

