

## This Month's Focus: Pirouettes

1. Students lie on their right side with their head resting on their right arm. Legs are straight and turned out with a small exercise ball (4-6 inches in diameter) between the Achilles. Draw the left leg into retiré, rolling the ball up with the foot. Turn the retiré leg to parallel. Turn it out. Slide it down. Do 4 to 8 reps total. Other side.
2. Balance on flat in retiré for 20 to 30 seconds on each side. For added difficulty, stand on a yoga block.
3. Students begin by standing on their left leg, turned out, on a yoga block. Hold a Theraband in front of you with both arms extended front with some tension in the band. Lunge the right leg back, turned out. (You won't put the heel all the way down. Your right foot will likely be in a quarter or half point position, depending on your Achilles flexibility.) Stand up with the left leg straight (on flat, on the yoga block) and the right leg in retiré, turned out. Raise your arms straight above your head. Open them slightly for added tension in the band. Return the arms in front of you. Do 4 to 8 reps. Other side.
4. Balance on flat in a turned out retiré, on a yoga block. Lift the retiré just slightly to do pulses 8x. Other side.
5. Stand on flat in retiré (NOT on a yoga block) with the arms in 1st or 5th position or in the hips. Promenade en dehors in retiré to the right. Other side. Promenade en dedans in retiré to the left. Other side.