

# Wisdom Art: *Mind, Body, Spirit*

**Balance is:** A state of equilibrium or equipoise; equality in amount, weight, value, or importance, as between two things or the parts of a thing.

When we balance, we align our body's center of gravity with the earth's gravitational field. Quite literally, we place ourselves in physical equilibrium with a fundamental force of nature. But we can't achieve this harmony by remaining absolutely still. Instead, we must refresh our balance moment after moment. The sustained effort to center and recenter, when successful, brings not only our flesh and bones into balance but also our nerve impulses, thoughts, emotions, and very consciousness. Hence, we feel calm. Equilibrium brings equanimity.

yogajournal.com



**What are the experts saying?**

Yoga exercises serve several different purposes, one of which is improving balance. In the

practice of yoga, the term balance transcends just physical strength and stability. Balance creates emotional harmony, mental clarity and spiritual energy.



Postures that require balance ground you in breath and body, keep you rooted in the earth, focuses your attention on each moment, and challenges your center of gravity. In other words, balance is imperative for a mind-body-spirit connection.

“The sustained effort to center and recenter, when successful, brings not only the flesh and bones into balance, but also the nerve impulses, thoughts, emotions and consciousness... Equilibrium brings equanimity,” says Roger Cole, certified Iyengar Yoga teacher.

Since the three main features of balance are alignment, strength and attention, Cole explains, mastery of this discipline requires sharp mental alertness and controlled physical form.

Ref: [polar.com/blog/essential-yoga-exercises-to-improve-balance/](http://polar.com/blog/essential-yoga-exercises-to-improve-balance/)

