

Ode to Balance

Posted on [February 13, 2013](#) by [Janet Muniz](#)

“A fluid practice like yoga strengthens our self-perception, which can help the body to better position our muscles and allow us to sense where our body needs to be without looking.”

Recently, I rocked out to the musical stylings of the all-girl band performing with Cirque du Soleil’s newest creation, **Amaluna** - playing locally at Marymoor Park through the end of March. The show honors femininity and renewal, rebirth and balance, taking the audience to an island ruled by goddesses and guided by the cycles of the moon -roughly translated, Amaluna means “Moon Mother.”

The all-girl band is a first for Cirque; Amaluna is also the first of its sexy shows to boast an almost all-female cast. Yet the signature beauty, majesty and uniqueness still captures the heart, remaining quite remarkable.

Balance Goddess. One of the most unique acts in Amaluna is an ode to balance. With just 13 palm leaf ribs, the Balance Goddess creates an extraordinary mobile to represent equilibrium. “Her movements are slow, deliberate and almost meditative as she concentrates all her attention on this literally breathtaking structure,” show creators describe. Indeed. The entire audience held its breath, watching her pick up each rib -*with her toes*- moving in a circular motion across the stage *on one foot*, holding her creation together with nothing but air.

Which got me thinking about the yoga of balance.



According to [The Secrets of Yoga](#), practicing yoga can improve our sense of balance, even for performing those less magical acts such as walking, getting dressed or playing a sport. They say balance is based on the control of three senses: sight, sound and somatic sensory, related to touch -which all diminish with age. In order to keep our sense of balance strong, we need to exercise our senses in general.

Yoga Balance Poses. Begin your yoga practice in mountain pose, and you’re already giving your senses a workout. As you find your equilibrium, challenge yourself by shifting your weight from one foot to the other. After you become

comfortable, move on to one-legged poses such as tree, lord of the dance, warrior III and eagle.

Work your basic arm balance ability by practicing plank, chaturanga and side plank. And if you’re game, you can attend Lara Ederer’s [Intro to Arm Balancing](#) workshop Saturday February 23 and learn the basics of working your sense of balance even more with crow, firefly, tripod headstand and more.

With consistent practice and concentration, you may become a Balance Goddess, too.

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