

# FINDING YOUR FEET

It may not seem like the most 'advanced' yoga lesson ever, but learning to stand properly on your own two feet forms a firm foundation for our entire practice! In yoga, the feet are often referred to as having 'four corners' – so take off your flip-flops and get grounded with YogaLife's essential guide **with Cheryl Parsons**

## YOGI TOES:

Ever looked at a person who has been practising yoga for a while? Notice how their toes are spreading nicely apart, with a little space between each one. This vital muscular energy is our starting point – by spreading the toes, we begin to bring awareness to our feet. Try standing in tadasana (mountain pose) and rocking the weight forward into the balls of your feet and back into your heels, then find equal weight between all four corners of your feet – from the front and back to the inner and outer edges.

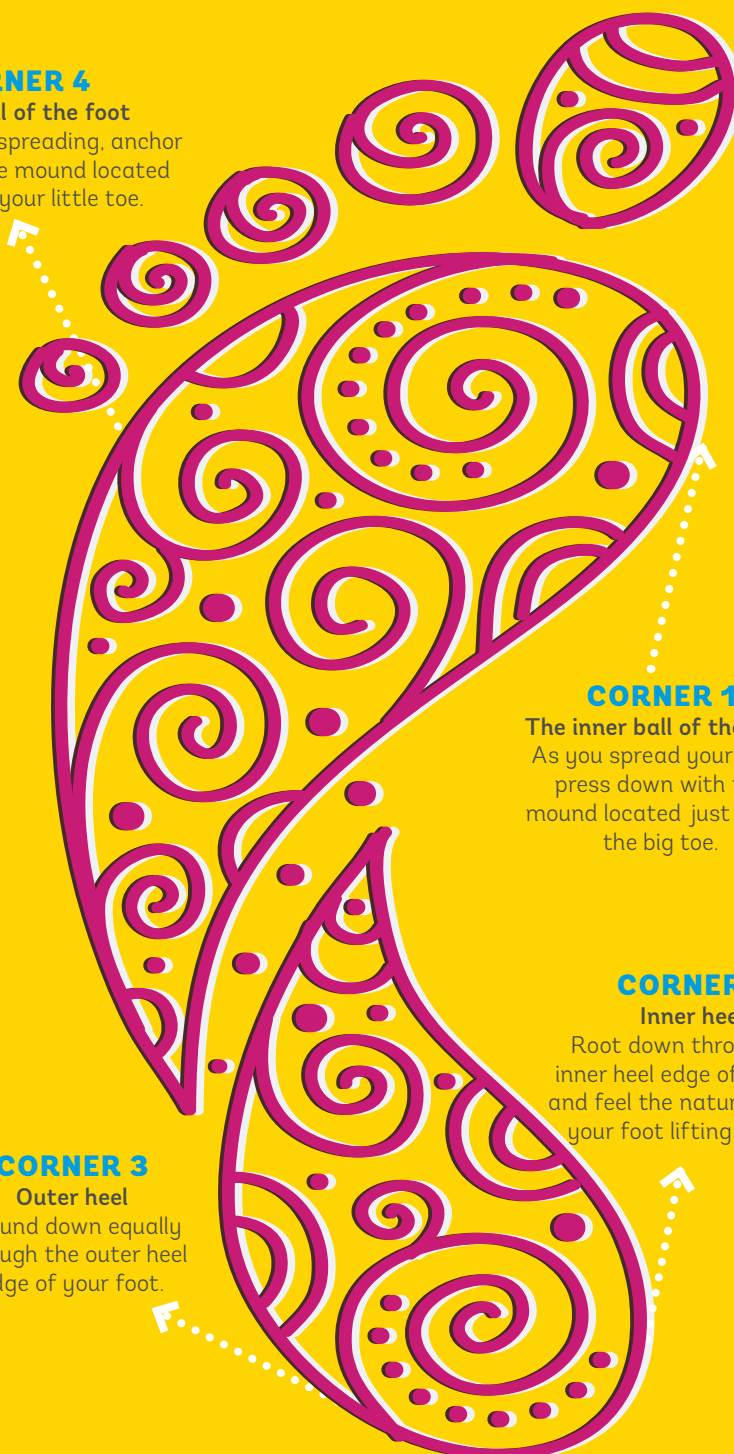
## FOOT FACTS:

- One-third of all the bones in our bodies are found in our feet.
- The soles of our feet contain more sensitive nerve endings per square centimetre than any other part of the body.

## CORNER 4

### Outer ball of the foot

With the toes spreading, anchor down with the mound located just below your little toe.



## CORNER 1

### The inner ball of the foot

As you spread your toes, press down with the mound located just below the big toe.

## CORNER 2

### Inner heel

Root down through the inner heel edge of the foot and feel the natural arch of your foot lifting slightly.

## CORNER 3

### Outer heel

Ground down equally through the outer heel edge of your foot.