

Tree Pose

For Balance, Strong Legs and Core Strength

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Tree Pose has many different levels: you can keep a foot on the floor or have it anywhere along your leg to find your individual tree.

Benefits:

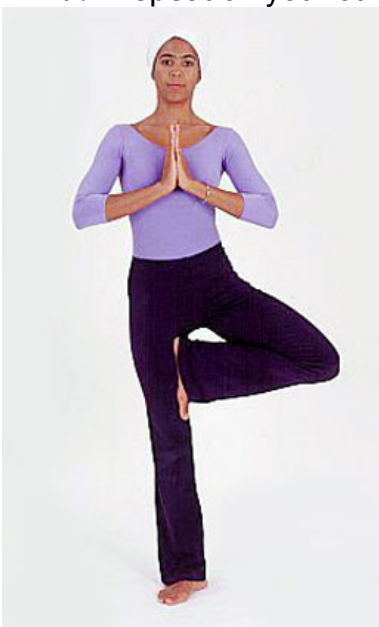
- Tree Pose develops your ability to balance; strengthens your feet, legs, and core muscles; increases hip flexibility; develops shoulder strength (when arms are raised); increases confidence and joy.

Cautions:

- If you have significant difficulty balancing on one leg, keep the toes of the other foot on the floor and perhaps use a wall or a chair for additional support.
- Do not rest your heel/foot on the inside of your knee joint.
- If you have had rotator cuff surgery within the past four months, keep your arms down with your hands on your hips or at heart center.

To Practice:

1. Begin standing in Mountain Pose. Be sure to lift your toes, spread them out and set them down again to increase the activity of your foot. Engage the four corners of your foot.
2. Slowly shift your weight to your left leg.
3. On an exhale, turn your right knee as far out as you can (pointing to the right) and rest your right heel on the inside of your left ankle.
4. If you would like to go further, on an exhale draw the sole of your right foot up the inside of your left leg, resting it anywhere that is comfortable.
5. Do not rest your foot/heel on the inside of your left knee joint.
6. If you like, you can bring your hands to hips, heart center, or lift your arms and spread them into a wide V, spreading your hands open wide as well.
7. Stay in the pose for 5 or more breaths.
8. When you're ready to come out, lower your leg slowly and with control.
9. Repeat on your other side.



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