



June: Tree Pose –Vrksasana



Benefits

Vrksasana builds strength in your posture, brings space in the body and clarity in your mind

- *Strength* - Works your thighs, calves, core and foot muscles
- *Space* - Stretches your inner thighs, groin and the shoulders
- *Focus* - Develops balance and increases your mind/body awareness
- *Calmness* - Relaxes your mind and central nervous system

How to

1. Stand tall and steady and place your feet parallel.
2. Extend your spine and fix your gaze forward at a focal point.
3. Activate your core muscles as you shift your weight to your right foot.
4. As you inhale, raise your left foot and place the sole of your left foot on your mid-thigh with your toes pointing down (not on the knee).
5. Keep your gaze at one point as you breathe.
6. Place palms in prayer position at your heart. Relax your face and take smooth exhalations.
7. Stay here for 9 breaths
8. Coming out: Exhale and slowly lower your left foot on the floor placing your feet parallel. Pause to shake the right foot out
9. Repeat on the other side.

Adapt to your needs

Modifications to ease

4. Place your lifted foot on your ankle or calf with your toes pointing down (not on the knee). Or keep the big toe on the mat for extra support.

Options to deepen

4. Place your lifted foot on your upper thigh with your toes pointing down.
5. Lift your gaze to the ceiling or even close your eyes while balancing on one foot.