



Tree pose *Vrksasana*

Type of pose – balance/standing

In Vrksasana make sure that you keep the following in mind.

1. Your standing foot is facing straight ahead.
2. Both sides of the foot have equal pressure and contact with the floor.
3. Your ankle is strong: press your big toe joint firmly into the floor.
4. The sole of your bent leg is pressed firmly into the thigh of your standing leg, and vice versa.
5. Your pelvis is level.
6. Your spine is extended.
7. Your chest is open.
8. You extend your arms straight above your head.
9. Your gaze is focussed straight ahead to help with balance.

This pose is contraindicated for: high and low blood pressure, early menses and joint replacement.

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