



Tree Pose

Tree Pose, also known as Vrksasana in Sanskrit, is a balancing yoga pose that strengthens the legs, improves focus and concentration, and promotes stability and groundedness. Here's how to perform Tree Pose:

1. Begin standing tall in Mountain Pose (Tadasana) at the front of your mat, with your feet hip-width apart and your arms resting comfortably at your sides.
2. Shift your weight onto your left foot, grounding down through all four corners of the foot.
3. Bend your right knee and reach down with your right hand to grasp your right ankle.
4. Lift your right foot off the ground and place the sole of your right foot against the inner left thigh or calf. Avoid placing it directly against the knee joint to prevent strain.
5. Find your balance and stability and bring your hands together in front of your heart in a prayer position or extend your arms overhead with your palms facing each other.
6. Engage your core muscles to maintain stability, and lengthen through your spine, reaching the crown of your head toward the ceiling.
7. Find a focal point, or Drishti, to gaze at to help improve your balance and focus.
8. Press your right foot firmly onto your left leg and press your left leg gently against your foot to create a sense of resistance.
9. Hold Tree Pose for several breaths, maintaining steady and even breathing.
10. To release the pose, gently lower your right foot back down to the mat, returning to Mountain Pose.
11. Repeat the pose on the opposite side by shifting your weight onto your right foot and placing your left foot against your inner right thigh or calf.

Tree Pose can be practiced as a standalone pose or incorporated into a yoga sequence to improve balance, focus, and mind-body awareness.