

Vrksasana: tree pose

Practice this posture to bring flexibility to the shoulder joints and to develop equilibrium and balance.

Medical benefits:

Along with a sequence of standing poses, Tree Pose can help deal with bronchitis and lung problems, lumbago and sciatica, tight hamstrings, knee problems, flat feet, and indigestion.



1. Begin in Tadasana (Mountain Pose.) Stand with your feet together and stretch your legs up. Press down through your feet and lift and open your chest. Roll your shoulders back and down. Fully stretch your arms and extend out through your fingers.

2. Balancing on your left leg, bend your right leg up and place the sole against the top of the inside of your left thigh. Press your foot against your thigh to keep it stable. Tuck your tail bone in and move your right knee back.

3. Fold your palms together.

4. With an inhalation, stretch your arms up. Breathe evenly balance for 20-30 seconds. Repeat on the other side.

PRACTICE NOTE:

You can start with your back to the wall, or stand alongside the wall with your hand resting on it while you are learning to balance.

