



Rest your hands on your hips. Make sure the pelvis is square in the room.

Send your tailbone toward the floor. Lift your torso out of your pelvis. Do not lift your shoulders.

Interlace your fingers and with your index fingers pointing to the ceiling extend your arms up over your head.

Hold the posture for thirty seconds and return to tadasana.

Repeat the posture standing on the right leg.

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## **Vrksasana (Tree Pose)**

### Benefits

Strengthens legs

Extends spine

Opens inner hips (groin)

Improves balance

### Contraindications/Cautions Vertigo

Parkinson's disease

As we grow older we lose the strength in our legs and our sense of balance deteriorates. This posture helps to regain and retain these very important physical attributes. This is one of the more challenging postures in yoga however when mastered, the benefits are enormous.

Start in Tadasana. Shift your weight onto the left foot, keeping the arch of the foot lifted. Bend your right knee. Reach down with your right hand and clasp your right ankle.

Lift your right foot up and place the sole against the inner left thigh, press the right heel into the thigh, press the thigh back into the heel, toes pointing toward the floor.