

Vrksasana Tree Pose

(vrik-SHAHS-anna)

Press palms together.

Align arms with ears.

Open & lift the chest.

Hips are even & level.

Gaze at a focal point, eye level if possible.

Relax the shoulders & draw down the shoulder blades.

Engage the abdominal muscles & keep the core activated.

Lengthen the tailbone toward the floor.

Press heel into inner thigh, press inner thigh into foot.

Activate the thigh & lift the kneecap.

Draw down into the standing foot, pressing evenly into all 4 corners of the foot.

