

Tree Pose

Vrikshasana



Benefits

Improves balance, strengthens thighs, calves and ankles, stretches legs and chest, develops concentration.

1

Begin in mountain pose. (Feet shoulder-width apart, hands at your sides.)

2

Lift your right foot, turning your knee out; place your foot on your leg wherever feels comfortable.

3

Press your hands together.

4

Raise your arms over head and look up to your hands if possible.

5

Return hands to your chest and lower your right leg.

6

Repeat with left leg.