

Tree Pose Vrksasana

One of my absolute favourites! It helps you focus, find calmness, and helps to ground you.

Standing with your feet and heels together, your tail tucked under, and legs engaged, take one leg out to the side slightly and then bring the foot up your thigh, above your knee if possible. Push your foot into your thigh and your thigh into your foot.

Lift up through your sides and on an inhalation raise your arms making sure that your shoulders are relaxed and not hunched up by your ears. If you can, bring your hands into prayer position above your head. Soften your gaze, breathe softly, and try to draw your raised knee back.

Hold the pose for 5 breaths and repeat the other side.

Modifications can include leaning against a wall, using a belt round your ankle to help lift the foot and lifting the foot below the knee.

Build up the time on each side. Aim to practice once a day and see how your balance and confidence increases.

Hope you enjoy it!

