

Yoga Tree Pose

Vrksasana

Step-by-Step Instructions

Come to stand in Mountain Pose (Tadasana) with your hands at your heart center.

1. Take a moment to feel both your feet root into the floor with your weight distributed equally on all four corners of each foot.
2. Begin to shift your weight into your right foot, lifting your left foot off the floor. Keep your right leg straight but don't lock the knee.
3. Bend your left knee and bring the sole of your left foot high onto your inner right thigh.
4. Press your foot into your thigh and your thigh back into your foot with equal pressure. This will help you keep both hips squared toward the front so your right hip doesn't jut out.
5. Focus your gaze on something that doesn't move to help you keep your balance.
6. Take 5 to 10 breaths, then lower your left foot to the floor and do the other side.

Keep these things in mind to make sure you're getting the most out of Tree Pose and not compromising your joints.

- Hip Position
 - The most important thing to work on in Tree is making sure that the pressure of your lifted foot on your standing leg doesn't cause that side's hip to stick out. The hips should stay as square as possible, just as if you still have both feet on the floor in Mountain Pose.
- Foot Position
 - Be careful to avoid placing the left foot directly on the side of the right knee since that puts your joint in a vulnerable position.
- Knee Position
 - Make sure that your left knee doesn't creep forward toward the center line. Keep it pointing to the left.