

LEARN YOUR POSE

TREE POSE (VRIKSHA ASAN)



Vriksha= Tree; Asan= Pose

As you would have realized by the name Tree Pose, You have to stand stable just like a tree, So your leg, just one of the two, will constitute as the trunk of the tree. The Other leg and hands are positioned to take the shape of a tree.

I am simply trying to explain to you that you have to stand on one leg and keep balance and keep breathing. And this is the way you are going to increase your concentration level. If you don't, you may lose your balance.

How To Do

- Make a dot in front of you, so that while standing straight the dot is making a straight line through your eyes.
- Keep your gaze to this point, this helps you greatly to make balance on one leg.
- Inhale and patiently raise up one leg, keep your 'raised leg' toes in parallel to another leg.
- Rest your leg just above the knees of another leg.
- Exhale while resting on this pose.
- Initially try the tree pose near a wall so that when you start shaking up, the wall will come to your rescue.
- Start from 30 seconds of balance then go up to 3 minutes.

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Yogarsutra