

Asana

Tree Pose: Variation 1

Vriksha Asana

Starting Position: erect with feet parallel and hip distance apart.

Bring your right heel just above the internal malleolus of your left ankle; the left leg is stretched but not tense. The right knee points laterally and your pelvis rotates slightly to the right, in the opposite direction of the supporting foot; alternatively, start with the supporting foot open slightly.

Place your hands in a Mudra that brings joy, for example the Salutation Gesture.

Remain in equilibrium and let the weight oscillate between the left foot and the right foot (which sustains the posture); an extremely beneficial vibration arises along the left foot which lies at rest, the left lower limb and the whole left side of the body.

The effect is multiplied when the Asana is executed with closed eyes and when maintained for a significant period, from 5 to 10 minutes. In this case, the vibration, in a progressive way, rises from the feet and spreads to the head, generating astonishing sensations of wellbeing and mental silence.

Repeat in an identical way on the opposite side.

Contraindications: serious pathologies of big toes or ankles.

Benefits: improves and refines the sense of equilibrium, purifies the channels of the nervous system; reinforces and balances the musculature of the feet, the lower limbs and the entire body; renders the mind calm and silent.

