

Asana

Tree Pose: Variation 2

Vriksha Asana

Starting Position: erect with your feet parallel and hip width apart.

Shift your weight onto the left foot and raise your right knee, holding it with the right hand. Your left arm opens laterally to provide equilibrium.

Maintain the balance for a minimum of 15 seconds and up to 120 seconds.

Repeat on the opposite side.

This variation is good for people who are unable to execute the Tree Pose in its classical form.



Contraindications: serious pathologies of the ankles, knees or hips.

Benefits: increases the sense of equilibrium and sensitivity of contact with the floor; especially rebalances the musculature of the feet and legs and helps correct postural defects and the gait; increases the capacity to concentrate, creates inner harmony, sense of space and mental silence.