

Asana

# Tree Pose

*Vriksha Asana*

**Starting Position:** erect, feet parallel and hip width apart.

Feel the support of your feet and the centering of your body. This is not necessary if another stabilizing posture has been performed before.

Lift your right foot and place it on your inner left thigh with your heel near the groin. The supporting leg is engaged but not tense; your foot presses against your thigh and your thigh against your foot in a delicate but precise way. The raised knee points laterally. When raising your leg, your pelvis rotates slightly in the opposite direction of the supporting foot; alternatively, start with the supporting foot open slightly. The mid-line of your face remains aligned with the internal malleolus of the supporting foot; your jaw is relaxed.

The pelvis and the rest of the body are soft and aligned, drawing a slight curve towards the external side. Your arms help balance the posture and can assume a Mudra of your choice.

**Breathing:** very subtle, almost imperceptible; it is important to prevent rapid alteration of the center of gravity.

Repeat in an identical way on the opposite side.

**Contraindications:** serious pathologies of the ankles, knees and 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.

