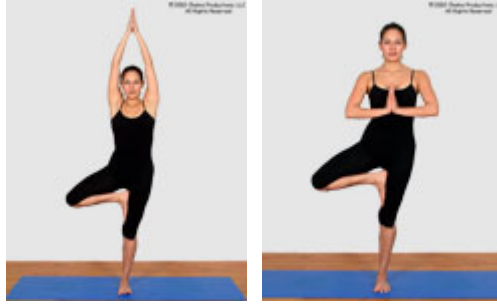


Pose of the Week 2-9-08

Tree



Vrksasana

(vrik-SHAHS-anna)

vrksa = tree

Tree pose is a balancing pose. Balancing poses help us develop focus and concentration. They require a clear mind. Of course, they also improve our balance.

- Builds concentration
- Strength and stability for feet and ankles
- Stabilizes hip muscles
- Improves balance

Primary Muscles – Standing leg – muscles of the lower leg, foot, ankle, piriformis. Bent leg – muscles of the inner thigh and IT Band. Also, obliques.

Variations – Foot to the ankle, shin or thigh. Hands to heart or overhead. Using a wall for support. Foot in half lotus instead of pressing against thigh.

Tips –

- Foundation first
- Push into the standing leg and foot, like roots into the ground
- Spine lifted, head lifted, ribcage lifted, quadriceps lifted
- Find a focal point to deepen your concentration
- Hips level (drop the bent knee side a bit)
- Press leg into foot, and foot into leg
- Standing leg, thigh spirals inward, bent leg, thigh spirals outward
- Imagine you are drawing energy from your roots in the earth, and the sun overhead

/ am focused, / am balanced.



Kris Lowe
www.heartfilledyoga.com