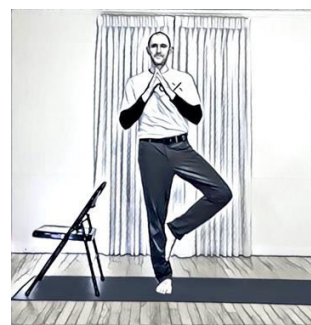


Tree



Tree is a wonderful pose to improve the balance.

Note: Image is mirrored to make it easier to follow along. If you follow left/right as directed you will look like a mirror image of the picture.

1. Use a chair or a wall to help you balance if needed.
2. Stand on your left foot.
3. Gaze at something that is not moving.
4. Bring your right heel to the left ankle; keep your right toes on the mat.
5. Experiment with your balance by taking the left hand away from the prop.
6. If possible move the right foot to the left calf or the left thigh (DO NOT PLACE THE FOOT ON THE STANDING KNEE).
7. Bring your hands to a prayer position at the heart, bring them to a cactus shape, or reach them overhead (or keep your hand on the prop).
8. Stay for 5 breaths or experiment with how long you are able to hold the pose.
9. Repeat steps 1-8 while standing on your right foot.