

How to:



**Vrksasana
Tree**

Adjustments and variations, prep and follow-up poses, advancements

Relevant Anatomy: Internal and external benefits / risks

Other Benefits to Class: spiritual, chakras, sequence development...

SHORT SCRIPT:

- Press down into your left foot and lift your right foot off the floor. Place it on the inside edge of your calf or thigh and press the bent knee gently back.
- Squeeze the buttocks and push down into the standing big toes, lengthen your spine.

MY EXTENDED SCRIPT (what I like to talk about in this pose)