

Tree Pose



Description: Yoga (balance). Use the Tree Pose to work on your balance and stability. Complete yoga exercises on both sides of the body.

Instructions

1. Standing tall, shift your weight to your right foot, and slowly lift your left foot off the ground.
2. Rest your left foot against your right ankle, calf, or thigh (not knee).
3. Arms can be at your side, together at your chest, out in a "T", or above your head.
4. Find your balance and hold for 30 seconds.
5. Repeat on the opposite side.

Tips & Modifications

- Use the wall or other surfaces to help with balance.
- Keep arms at your waist or closer towards your body to help with balance.
- For more of a challenge, try to raise your arms above your head.



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instructions!

