

# POSE OF THE WEEK:

## TREE POSE *VRKSASANA*



### *your daily practice:*

Hold pose for three breaths then repeat two more times through, before switching to other side

### HOW TO:

- 1 Push the sole of the right foot into your mat and bring the sole of your left foot to the inside of your right leg.
- 2 Ensure the foot is resting either below or above the knee.
- 3 Bring your hands to heart centre, root right foot into the mat and feel the crown of your head lengthen towards the sky.
- 4 Repeat on other side.

### BENEFIT:

Helps you centre and focus in.

### GIVE THIS A TRY:

Reach the arms above your head as your gaze lifts up towards the sky.