

Vriksha Asana



Weight is shifted to one leg, for example, starting with the left leg. The entire sole of the foot remains in contact with the floor. The right knee is bent and the right foot placed on the left inner thigh, or in half lotus position. With the toes of the right foot pointing directly down, the left foot, center of the pelvis, shoulders and head are all vertically aligned. Hands are typically held above the head either pointed directly upwards and unclasped, or clasped together in anjali mudra as shown in figure.

The asana is typically held for 20 to 60 seconds to stretch the spine, returning to standing position while exhaling, and then repeating standing on the opposite leg.

Benefits

This asana improves:

- balance
- Poise
- posture
- concentration

- increases the range of motion in the hips
- deepens the thorax
- strengthens the ankles
- tones the muscles of the legs, back and chest

Contraindications and cautions

Raising the arms above the head for any length of time may involve risks for persons with high blood pressure. The arms can be held at chest height in anjali mudra for those at risk.

Beginner's tip

Faults include leaning to one side, twisting, pushing one hip out; bending or rotating the supporting knee outwards; looking downwards and lacking concentration.

Image taken from Google, and contents from Wikipedia.