

“These postures help one to maintain stability in times of difficulty, and even when catastrophes occur. When stability becomes a habit, maturity and clarity follow. Stability requires balance.”

- BKS Iyengar, Light on Life

Vrksasana - Tree Pose

BASIC INSTRUCTIONS

1. From Tadasana, bend your right knee and take hold of the right foot
2. Open the right knee out to the right side
3. Place the sole of the right foot high on the inside of the left thigh, with the toes pointing down to the floor
4. Keep the left leg straight and steady
5. Extend the arms up beside your ears and towards the sky, with the palms turned in to face one another
6. Keep the head and eyes looking straight ahead
7. Lower the arms and right leg and repeat on the other side

