

The Exercise of the Month

April 2018

Tree Pose (*Vriksasana*)

Purpose: Increase focus, concentration, and balance. This pose is named for the grace, stability, and humility of a healthy tree. Tree Pose also builds self-confidence and self-esteem to help maintain composure throughout the hectic day.

Target Muscles: Ankle Stabilizing Muscles, Calf, and Core

Assisting Muscles: Thigh, Groin, and Shoulders

Equipment Needed: None!

Start: Stand with feet hip distance apart (1 fist-width). Bring palms of hands together at chest height.

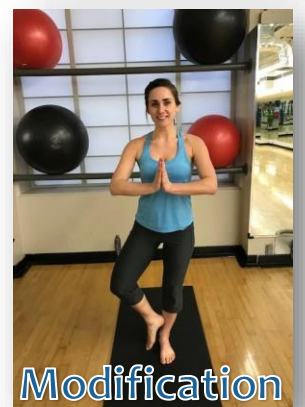
Pose: Shift your weight to your left foot. Bend your right knee, then reach down and clasp your right ankle. Use your hand to draw your right foot alongside your inner left thigh or ankle (avoid the knee). Center your pelvis directly over your left foot. Align right and left hips to the same height and into a straight line. Hold for 60 seconds coming in and out of the pose as needed.

Repeat: Complete on other side.

Modification:

Beginner: After shifting your weight into your standing foot, place the toes of your 'floating' on the floor at the instep of the standing ankle. Place the heel of your 'floating' to rest just above the standing ankle.

Advanced: Once you've placed your foot on your inner thigh, close your eyes for an added meditation and balance challenge.



From Corporate Fitness Works Team Leader, Natalie Gish

Corporate Fitness Works, Inc.