



THE BRITISH WHEEL OF
YOGA

VRKSASANA



Tree Posture

VRKSA = Tree

A balance with the sole of one foot resting on the inside of the standing leg

This posture teaches an upward stretch and a sense of balance.

Anything to watch out for?

Make sure the sole of the raised foot does not press against the knee of the standing leg.

Preparations

Shoulder stretches and hip openers.

Method

From Tadasana.

Rest the hands on the hips.

Bend one leg at the knee and the hip.

Reach down and draw the leg up until the sole of the foot reaches as high up the inside of the standing leg as possible.

Ensure that the sole of the raised foot is 'alive' and pressing strongly into the standing leg with the little toe side of the foot.

Avoid gripping as this will shorten the foot.

Be strong in the standing leg, engaging the muscles of this leg to give the raised foot something to work onto.

Press the little toe side of the raised foot into the thigh. This will open the hips without encouraging the whole pelvis to rotate away from facing forward.

Bring the hands to namaste.

EITHER,

Keep the hands together and take them straight up in front of you, palms together and arms straight overhead.

OR

Drop the arms to the sides of the body, then take them out to the sides finally meeting overhead, palms together and arms straight.

Repeat to the other side.

Once there

Spread the weight over the whole of the standing foot.

Maintain strength in the standing leg.

Concentrate on the contact between standing leg and raised foot

Fix the gaze on somewhere that is still.

Reach up strongly with the arms.

Coming Out

Keep the standing leg strong.

Lower the arms.

Lower the raised leg to Tadasana.



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Too challenging at the moment?

Use the wall for support.

Don't raise the arms.

However arms to shoulder level may assist balance.

Palms apart over the head.

Wrists to just above the crown of the head.

Have the raised foot anywhere on the inside of the standing leg from the top of the foot up to the groin and anywhere in between except on the knee.



Or



Or



Variations

Take the gaze upwards.



Or Ardha Padmasana



Adha Baddha Padmottanasana





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Tips

Bring the attention to the hip joint of the standing leg, and draw it in to the centre line of the body. This should give a sense of the posture moving upwards.

FROM



TO



Benefits

Develops strength in the legs and with practice working through the progressive stages, Vrksasana will improve balance.

B.K.S. Iyengar suggests (1): ***The pose tones the leg muscles and gives one a sense of balance and poise.***

On an esoteric level Vrksasana is calming, and opening.

Bibliography

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Mehta. Silva. Mira. and Shyam 1992. *Yoga the Iyengar way*. Dorling Kindersley . London.

Lao Tsu. (translated Gia-Fu Feng & Jane English) 1988 *Tao Te Ching*. Wildwood house. Aldershot

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