



## Ms. Julie C.'s Yoga Poses: Tree Pose



### Tree Pose

- Press your foot firmly into the floor.
- Keep the shoulders relaxed.
- Place the hands into steeple, which is pointer fingers together and the other fingers interlaced.

### Modifications

- The foot can be placed on the calf or ankle, just be sure not to place the foot on the knee.
- The hands can be held in front of the heart instead of overhead.

### Benefits

- Strengthens ankles and hips.
- Develops balance and concentration.