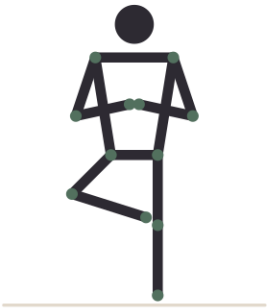
yogalike

Tree Pose

Vrksasana · Beginner



1. Stand tall and shift your weight into one foot.
2. Bend the other knee and place that foot on your inner calf or inner thigh — above or below the knee, not on it.
3. Let the lifted knee open out to the side.
4. Bring your palms together at your heart.
5. Keep your hips level and lengthen up through your spine.

What to feel for

Standing leg long, weight over the standing foot.

Hips level — the lifted side does not hitch up.

Foot and inner leg pressing gently into each other.

A fixed point to gaze at helps the balance.

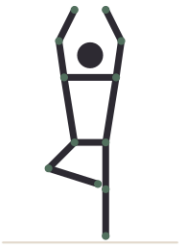
Variations



Foot on the inner thigh



Foot on the calf



Arms overhead

yogalike · scan to practise, no account needed

https://yogalike.lp-data.cloud/practice?pose=tree&from=printable

It offers practice guidance, not medical advice, and it cannot tell whether a pose is right for your body. Move within what feels comfortable, and stop if anything hurts.

Free to print and share with your students, as long as this line stays on the sheet.