

THE YOGA POSERS

VRKSHASANA

TREE POSE IS TADASANA ON ONE LEG

<p>BIOMECHANIC BASICS</p>	<p>Tree Pose is a Balance Pose. When the weight is transferred to the foundation leg, it's hip abducts to stabilize. The bent leg abducts and externally rotates. The pelvis stays square. The shoulders are in flexion.</p>
<p>BENEFITS</p>	<p>This pose improves balance, enhances proprioception, and develops foot strength and awareness while activating the core, pelvic floor, and ankle stability. It also strengthens the lower body, tones abdominal muscles, develops focus and concentration, improves posture and gait.</p>
<p>COMMON COMPLAINTS</p>	<p>Difficulty balancing. Knee pain from excessive adduction/medial rotation and/or hyperextension or from rotating the pelvis. Ankle (subtalar) instability.</p>
<p>COMMON MISALIGNMENTS</p>	<p>Overpronation or supination. Toe gripping. Knee hyperextension. (Foundation leg: hip adduction/medial rotation. Unlevel pelvis (lateral pelvic tilt, hip hike), rotated pelvis, anterior pelvic tilt. Exaggeration of spinal curves. Torso leans or side bends. Improper scapulohumeral position when arms are overhead.</p>
<p>VARIATIONS</p>	<p>Arms in a 'T'. Hands in <i>Anjali mudra</i>. Closed eyes. Stand on block(s). Add a spinal twist. Heel lift (<i>relevé</i>). Side plank with top leg in tree or inverted tree pose (handstand).</p>
<p>THERAPEUTIC APPLICATIONS</p>	<p>Tree pose teaches single leg stance, a fundamental skill for gait and fall prevention. Bent knee to wall for balance support. Add wall hand isometrically sliding down to recruit opposite glute. Turn foundation leg out to improve glute recruitment. Place small roll under arch of foot to stop over-pronation.</p>



<p>FAVORITE CUES</p>
<ul style="list-style-type: none"> • “Compact” the hips IN • Contract the “thut” to hold the thighs back • Rotate the standing leg slightly out • Root through the outer heel • Press heel and leg into one another • Lengthen the waist