

TREE

**ANXIETY
BALANCE
FOCUS
WELL BEING**

Stand tall in Mountain pose.

Root the left foot deep down into the ground.

Bend the right leg and place the foot high up onto the left inner thigh.

Press the foot into the thigh and press the thigh into the foot.

Try to balance on one foot.

When you feel steady, bring your hands together at the heart.

Breathe!

Now try to stretch your branches (arms and hands) up to the sky.

What kind of tree are you today?

Release.

Try this on the other side.

