**Vrikshasana (Tree Pose)**

**Equipment**: Yoga mat

* Do the yoga poses only as far as your body feels comfortable — never force or overstretch.
* Breathe normally, stop if you feel pain, dizziness, or strain.

**Precautions:**

* Avoid this pose if you have a recent or chronic ankle or knee injury.
* If you have difficulty balancing, practice near a wall or use a chair for support.
* Ensure that your foot does not press against the knee joint to avoid strain or injury.

**Instructions:**

1. Stand with your feet together and arms by your sides.
2. Bend your right knee and place the sole of your right foot against the inner thigh (or calf) of your left leg. Ensure your foot does not rest directly on the knee.
3. Find your balance on your left foot, and as you do, raise both arms overhead, keeping your elbows straight and palms together.
4. Hold the posture for about 10 complete breaths, maintaining a steady gaze at a fixed point in front of you to help with balance.
5. Slowly lower your arms and right leg back to the standing position with your feet together and arms at your sides.
6. Repeat the pose on the opposite leg.

**Key Tips:**

* Engage Your Core: Maintain a firm core to help with stability and balance.
* Focus on Your Drishti: Keep your gaze focused on a stationary point in front of you to enhance your balance.
* Find Your Comfort Zone: If you are struggling with balance, you can start by placing your foot lower on your leg (like the calf) rather than high on the thigh.