**Vrikshasana (Stick 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 recent or chronic knee, ankle, or hip injuries.
* If you are new to yoga, practice near a wall for support as you learn to balance.
* Listen to your body and avoid forcing your foot placement or straining your posture.

**Instructions:**

1. Begin by standing tall on your yoga mat, with your feet together and weight evenly distributed on both feet. Engage your core and maintain a straight posture.
2. Shift your weight onto your left foot and bend your right knee. Place the sole of your right foot against the inner thigh or calf of your left leg (avoid the knee).
3. Press your right foot into your left leg while simultaneously pressing your left leg into your right foot to create stability.
4. Bring your palms together at your heart center (Anjali Mudra) or raise them above your head with arms straight, palms facing each other.
5. Focus on a fixed point in front of you to help maintain balance. Breathe deeply and hold the pose for 30 seconds to a minute.
6. To release, gently lower your arms, step back with your right foot, and return to standing with feet together.

**Key Tips:**

* Find a Drishti: Choose a fixed point to focus on to help maintain balance throughout the pose.
* Engage Your Core: Keep your core muscles engaged to support your balance and posture.
* Modify as Needed: If balancing is challenging, place your foot lower on your leg (such as on the ankle or calf) to find stability.