

1. Find a focal point and rest your gaze there during this yoga practice. You can use a spot on the poster or find a point elsewhere in your space. Move only your eyes (not your head) to focus on this spot. Your posture should remain tall in this pose.
2. Stand with your feet spaced at hip distance.
3. Lift and wiggle your toes. Then, gently rock back and forth. Come to center and spread your weight across the bottoms of your feet.
4. Stand tall, with your neck and shoulders relaxed and head held high. (Cues: ears above shoulders, chin parallel to the ground, arms at your sides).
5. Inhale and draw your shoulders up, then relax your shoulders on the exhale.
6. Bend at your elbows and bring your palms together with thumbs close to your chest (fingers straight and pointing upward).
7. Transfer your weight to your left leg, keep your torso tall and standing leg under the hip.
8. Lift your right foot a few inches off of the ground. Hold here for 5 seconds. Then, gently bring your foot to the ground. Come back to center standing position.
9. Transfer your weight to your left leg, keep your torso tall and standing leg under the hip.
10. Lift your right foot, bending, and lifting that knee toward your upper body. Hold your shin and gently pull the leg toward your body.
11. Hold here for 5 seconds. Then, gently bring your foot to the ground. Return to center standing position with hands together at your chest.
12. Transfer your weight to your left leg, keep your torso tall and standing leg under the hip.
13. Raise your right foot and place the bottom of your foot against the inside of your left calf with toes pointing down.
14. Hold here for 5 seconds. Then, gently bring your foot to the ground and come back to center standing position.
15. Transfer your weight to your left leg, keep your torso tall and standing leg under the hip.
16. Raise your right foot and use your hand to help position the bottom of your foot against the inside of your left thigh with toes pointing down. Gently press the sole of your foot into your inner thigh and squeeze the muscles in your standing leg and buttocks. Return hands together at your chest. (SAFETY TIP: Do not place the foot on the knee joint. Instead, return to the calf position if the thigh is not right for you today.)
17. Hold here for X seconds.
18. If you are comfortable, try raising your arms straight overhead like branches on your tree. Continue breathing and holding.
19. Imagine you are a tree—wise and calm. Silently repeat this mantra from the poster: **I can be at ease, even when I sway.** Hold here for X seconds. Continue to breathe and use your focal point.
20. Gently bring your foot to the ground. Come back to center standing position with hands together at your chest.
21. Repeat progression on the other side.

Tree Pose

Standing Tall

Rooted in place

I can be at Ease

Even when I sway



Additional Modifications: Students can stand near a wall or chair for support.