



Tree Progression

Start in “Tadasana” which, can be found online in the “Exercise Database.”

1. Stand in “Tadasana” with your “pelvic floor” and transversus abdominal muscles engaged (think egg up and navel in.) Maintain all the elements of “Tadasana” for the rest of the exercise.
2. Shift your weight into your right leg. Exhale, bend, and lift your left knee up to take the left foot off the floor. Find your balance. Switch legs, pressing your left foot into the floor to lift your right foot up and find your balance. Repeat alternating sides a few times.
3. Continue marching adding one arm lifting up, alternating arms with legs a few times. Next, try both arms overhead.
4. Finally, with both arms overhead, open your lifted knee, and be sure to keep both hips pointing forward. Press the sole of the foot and standing leg’s thigh into each other. Balance in this “Tree” pose, then repeat a few times on each side.