



Tree

- Maintain one central line of energy through entire body
- Place feet hip-width and firmly planted on the ground
- Center hips (both front to back and side to side) over both feet
- Gently lift and contract abdominal core
- Stretch sides of waist upward to fingertips
- Elongate spine
- Raise leg so foot rests on inner thigh and knee points away from body
- Squeeze elbows in toward each other
- Relax face, neck and throat
- Relax eyes forward, toward the horizon

MODIFIED I

- Lower foot to shin of standing leg that is comfortable and use a chair to maintain balance

MODIFIED II

- Keep toe on ground

MODIFIED III

- Keep toe on ground and use a chair to maintain balance



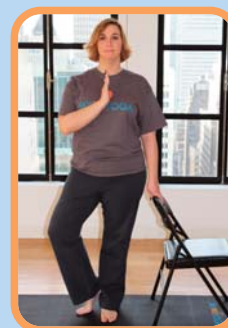
TREE



MODIFIED I



MODIFIED II



MODIFIED III