



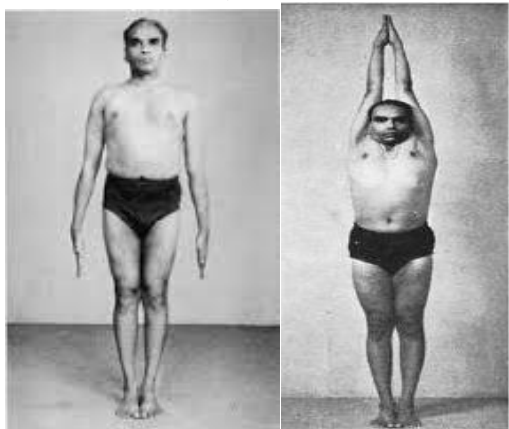
TADASANA- VRIKSHASANA

In the series of Yogasana let us start with a posture for balance i.e. Tadasana & Vrikshasana (Tree Posture).

It is necessary to maintain an equilibrium of physical and mental state of body. To attain that, one of the easiest way is practicing Asanas (Physical posture).

TECHNIQUE OF TADASANA

1. Stand on a firm ground, with your legs and feet joined together
2. Keep your hands at your sides and look in the front
3. Distribute the body weight equally on both feet
4. Breath in & out, slow and deep
5. Be focused at any spot at eye level.
6. This also known as Samasthiti (state of balance)



BENEFITS OF TADASANA

1. This asana develops physical and mental balance.
2. Stretches entire spine
3. Loosens up congestions of spinal nerves.
4. Helps to increase height

VRIKSHASANA

Vriksha - Tree; Asana – Pose

This posture replicates the graceful, steady stance of a tree.

TECHNIQUE OF VRIKSHASANA

1. Stand on a firm ground, with your legs and feet joined together
2. Keep your hands at your sides and look in the front
3. Bend your right knee and place the right foot high up on your left thigh. The sole of the foot should be placed flat and firmly near the root of the thigh
4. Make sure that your left leg is straight. Find your balance
5. Now, gracefully raise your arms over your head from the side, and bring your palms together in 'Namaste' mudra
6. Look straight ahead in front of you, at a distant object. A steady gaze helps maintain a steady balance
7. Breath in & out, slow and deep, hold for few seconds, then You may gently release the right leg
8. Repeat this pose with the left leg off the ground on the right thigh.



BENEFITS OF VRIKSHASANA

1. This asana develops physical and mental balance.
2. This asana tones up the leg muscles.

INDIAN CULTURAL CENTRE
PARAMARIBO

Dr. Dinesh Kumar Sharma
Yoga Teacher, ICC
indianculture@sr.net