

# Pose of the Month

## Tree

(Vrksasana)

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For the month of January, we will focus on Tree Pose and variations in all of our Flow classes at Verge Yoga.

With this monthly focus on a pose, you will gain a deeper understanding of the pose, it's benefits, modifications and variations.

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### Alignment Cues

- Keep standing foot straight
- Press through the "X" on the standing foot
- Engage the quads on the standing leg
- Relax ribs and pull belly to spine
- Engage the locks

### Variations

- Arm/Hand Variations include fingers interlaced, arms in full locust position, gaze upwards or close eyes.
- Free foot in Half Lotus position
- Half Lotus bind and bend forward

### Benefits

- Strengthens thighs, calves, ankles and spine
- Stretches the groins and inner thighs
- Stretches chest, and shoulders
- Improves sense of balance
- Relieves sciatica and reduces flat feet