

Easton Yoga School 200hr Yoga Teacher Training

Asana Homework Outline with Example Tree Pose / Vrksasana (Sanskrit name)

1. Give a brief instruction into the pose.

The tree is a one-legged balance pose with three leg variations. One of the variations will work for you.

Shift your weight to the left leg. All your weight will be held by this leg and this foot.

If you are familiar with this pose and have the balance, place the right foot into the left upper thigh.

If you are familiar with this pose, place the right foot on the left calf, never the knee.

If you need more stability for balance, bend the right foot and place it next to your left foot, with the heel on pressing into the left foot.

Reverse from left to right and repeat.

2. Give 5 points of information while using dual action.

- a. Identify the foundation.

The foot is your foundation.

- b. Detail how to align the pelvis and lengthen the spine.

The pelvis is neutral and the spine is straight up and down.

- c. Detail alignment for shoulders, arms and neck.

The shoulders are horizontal with external rotation, which means that the arm pits are forward. The shoulders should be comfortably relaxed in a lowered position.

The arms can be straight up, straight down, in goal post or in prayer position.

The neck is upright and straight.

- d. Organs of Perception.

The entire body will feel the balance requirements of this post. The leg and foot will feel the weight of the body.

- e. Heart Language to inspire devotion to the pose.

Clear your mind and bring yourself into the present as you focus on this exact moment in time.

- 3. Benefits of the Pose.

Use this post to practice balance and concentration.

- 4. Risk factors of the pose.

Do not attempt this if you have a headache. Do not place hands above the head if you have high blood pressure.