


Tree								
<i>Vrksasana</i> vrik-SHAHS-uhnuh (vrksa=tree)								
PROPS & ASSISTS ▼ wall ▼ block				CONTRAINDICATIONS · CAUTIONS △ knees △ high blood pressure (don't raise arms)				
CUES & TIPS <ul style="list-style-type: none"><li>• having a focus point “drishti” important</li><li>• raise, spread &amp; lower toes of root foot</li><li>• hug the raised foot and thigh together</li><li>• do not rush the steps, wait for stability before proceeding to the next</li><li>• it really does help to imagine your leg and foot firmly rooted</li></ul>								
ASPIRE TO <ul style="list-style-type: none"><li>✓ toes of raised foot pointing down</li><li>✓ raised leg bent to side</li><li>✓ hips squared forward</li></ul>				AVOID <ul style="list-style-type: none"><li>✗ raised foot on knee</li><li>✗ pelvis pivoting to side</li><li>✗ locked or hyperextended knees</li></ul>				
MODIFICATIONS (LESS/MORE INTENSE) · VARIATIONS <ul style="list-style-type: none"><li>▼ foot on block and/or steady back against wall</li><li>▼ foot on ankle or side of lower leg</li><li>▲ eyes closed</li><li>❖ hands at heart centre; various arm positions up/out like shapes of trees</li></ul>								
BREATH FOCUS <ul style="list-style-type: none"><li>• breathe “down into root leg &amp; foot”</li><li>• once in pose, steady breathing will help maintain steady body</li><li>• when raising arms, inhale</li><li>• when lowering arms, exhale</li></ul>				BASIC STEPS <ul style="list-style-type: none"><li>• Mountain</li><li>• shift weight to root foot</li><li>• lift other leg, using hand if needed, to raised position against root leg</li><li>• select drishti</li><li>• bring hands to waist, then heart centre</li><li>• raise arms above head, touching palms</li></ul>			REV.2020-0 soultrail.ca/yoga	
Symbolic of, like a tree, opening to the sky and universe while remaining firmly rooted.								
forward bend		side bend		backward bend		twist	balance	B
STANDING	SEATED	RECLINED	ARM/LEG SUPPORT	INVERSION		RESTING		

# KEY TO ASANA QUICK REFERENCE

Common Name  
(& any alternatives)

Sanskrit Name  
Pronunciation  
Translation

Props & assists to  
have on hand

Not Recommended ☹  
& Approach With  
Caution △ conditions

Guidance for getting  
into and/or holding  
the pose

Observational  
attributes to aim for  
or avoid when in pose

Options to make it  
▼ less ▲ more  
intense  
Some possible  
variations ❖

Particular breathing  
instructions\*

Main steps (not  
detailed instructions)  
to get into pose.

Symbolism or  
significance of pose\*

Action\*

Body Position

\*field may be  
blank on some  
poses

Side Plank (aka Lateral Inclined Plane; One-Arm Stand)	
<b>Vasisthasana</b> vah-sih-TAH5-unnuh (vassistha = best, richest, excellent)	
<b>PROPS &amp; ASSISTS</b> ❖ wall	<b>CONTRAINDICATIONS - CAUTIONS</b> ☹ wrists - carpal tunnel △ shoulder
<b>CLUES &amp; TIPS</b> <ul style="list-style-type: none"> <li>• squeeze both legs together and straight</li> <li>• elongate arms as much as possible, stacking shoulders to form a straight line</li> <li>• active engagement of core and legs is essential</li> </ul>	
<b>ASPIRE TO</b> <ul style="list-style-type: none"> <li>✓ feet stacked side-by-side, as if standing</li> <li>✓ arms at right angle to torso</li> <li>✓ torso basically straight</li> </ul>	<b>AVOID</b> <ul style="list-style-type: none"> <li>✗ hips or shoulders sinking</li> <li>✗ lifting hips too high</li> </ul>
<b>MODIFICATIONS (LESS/MORE INTENSE) - VARIATIONS</b> <ul style="list-style-type: none"> <li>▼ don't look up</li> <li>▲ upper arm extended out to the front (adds side stretch)</li> <li>❖ wedge feet against a wall to assist balancing</li> </ul>	
<b>BREATH FOCUS</b> <ul style="list-style-type: none"> <li>• when raising arm, inhale</li> <li>• when lowering arm, exhale</li> </ul>	<b>BASIC STEPS</b> <ul style="list-style-type: none"> <li>• Downward-facing Dog (DFD)</li> <li>• slowly revolve body, stabilizing with outer foot; upper hand to waist</li> <li>• engage core, move outer leg on top of lower</li> <li>• raise outer arm, open palm, look up</li> </ul> <b>RELEASING:</b> lower arm, revolve back to DFD
<b>Connects sky and ground.</b>	
<b>Forward bend</b> STANDING	<b>side bend</b> SEATED
<b>backward bend</b> RECLINED	<b>twist</b> ARM/LEG SUPPORT
<b>balance</b> RESTING	<b>balance</b> RESTING

Last Revision

Main chakra(s)  
activated\*:  
Crown  
Brow / 3<sup>rd</sup> Eye  
Throat  
Heart  
Solar Plexus  
Sacral  
Root

Level:  
Novice  
Beginner  
Intermediate  
Advanced

These pages are an aid to yoga instruction, provided to students as a reference for poses they have done in yoga class. They are not comprehensive, nor intended to replace qualified instruction.

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