

Tree pose



Vriksasana

24.



Start doing this pose by supporting on toes of the bent leg. Try to turn the knee. Try to keep the balance, may hands help you. Later lift your leg up with help of your hands. Let the sole support at the inner thigh. Later lift hands parallel to the floor and then put them together above the head.

Stand straight on one leg. Bend the opposite leg in the knee, and rest the foot against the other inner thigh. Raise your hands above your head and put your palms together. This pose gives stability to the mind and insensibility to external influence.