



# THE TREE

## *Participants*

Any number of participants.

## *Time Allotment*

5 Minutes or less

## *Activity Level*

Moderate

## *Materials*

No materials required

## **Strength. Balance. Stretch. Twist.**

### *Method*

**Step 1.** Stand tall and strong with your arms at your sides and your feet about hip distance apart. Rock back and forth on your feet a few times until you find a comfortable center – this is your mountain base.

**Step 2.** Bring the palms of your hands together in front of your chest and find a small unmoving object across the room in your line of vision. Focus your eyes on this object. This is your “Focus Point”.

**Step 3.** When you are ready, shift your weight to your left foot and turn your right knee out to the side. Rest your right heel on your left ankle, keeping your toe on the floor.

**Step 4.** Keeping the palms of your hands together and your shoulders down and away from your ears, raise your hands straight up in front of you and toward the sky.

**Step 5.** Balance in this position for 3 to 10 slow, deep breaths or for as long as you are able.

### *Variation(s)*

**Close Your Eyes.** See if you can close your eyes for a short time while in the tree position. Start with 3 seconds and work up to 10 or more. What is your record