

Branching Out: Using the Wisdom of Trees Workshop

One of the best ways to get in touch with Nature, with the Elements, with Creation, is often through the art of imitation. By using your imagination to connect to the Trees, your body and your nervous system temporarily become the thing in which you are imitating. Becoming a tree, allows you to put yourself into “it’s roots” (so to speak). In this workshop we will use the meditative practice of yoga and the asanas (poses) of yoga to invoke the feeling of the tree from its roots, to its trunk and up into its branches.

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Tadhasana or Mountain Pose: In this first asana or pose we will connect to the earth below us. Place both feet about hip width apart, arms by your side and palms facing forward. Imagine your feet feeling the pulse of the earth beneath you while you stand with the stillness of the mountain within you. This is the place from which your tree will root and grow.

Vrikshasana or Tree Pose: In this pose we are connecting with the tree that we are becoming. Keep your left foot on the ground, bend your right knee, place the bottom of your right foot gently either at your left ankle, left calf or left mid-thigh. Bring your hands into Anjali mudra or prayer position at your heart. When you feel ready, reach your hands and arms over your head and open your arms gently. In this tree pose you have your roots through your feet, your torso has become the trunk and your arms reach out as branches.

Urdhva Hastasana or Upward Tree Pose: In this pose we will learn from our tree how to bend from side-to-side with change keeping us flexible and strong. Start with your feet hip width apart and your hands in Anjali mudra or prayer position in front of your heart. Clasp your hands together and keep the pointer fingers extended. Raise your hands gently overhead. Gently bend like a crescent shape to the right. Repeat on the left side.

Twisted Tree Pose: In this pose we will learn how to twist our torso, our trunk like the tree to learn how to turn with the wind, rain and storms of life that sometimes pass through our branches. Repeat the Tree Pose from earlier. Reach your arms out and bend your elbows at a 90 degree angle. When you are ready, begin to twist your upper body, torso and arms to the left, turning your head with the same pace as your arms. Keep your hips facing forward. Repeat on the same thing turning to your right side.

Photo by:
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