



Peace: Tree

From Mountain Pose, root down through all four corners of your feet. Slowly and gently lift your left foot off the ground. Pressing your right foot to the floor, balance the heel of your left foot at your right ankle. You may choose to raise your foot to your calf or thigh, wherever is comfortable. However, avoid pressing your foot into your kneecap. Allow your gaze to land on a steady spot in front of you and breathe. If finding this gift of stillness and peace seems shaky or unstable, place your hand on a chair or wall. Root down in the standing foot to rise tall, focusing on your breath and a moment of clarity and peace. Bringing your hands to heart center for prayer position and breathe. Slowly release the raised foot and repeat with your left foot grounded, right foot lifted.