Forest Circle

(Group Pose)

To build teamwork and trust

"Together we reach towards the sky."

Stand stable in a circle with enough space for your arms. With bent elbows, place your palm (fingers pointing up) to the palm of the person next to you so the circle is connected. As in tree pose, balance on one leg as you bend the other knee and put that foot on the ankle or calf (not knee) of the standing leg. (You may keep both feet on the ground.) With your neighbor, reach the hands upwards. Hold for a few breaths, then release. Change legs.

Caution: Avoid with pregnancy, any injuries, back, shoulder or balance issues.

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Check with a health care professional to make sure these exercises are appropriate for you.