


Movement and Relaxation Yoga Skill Assessment

Name:	Skill: Sage Tree
Critical Instances	Personal Execution
 <p>Begin in Downward Facing Dog. Step both feet together so your big toes are touching. Move your right hand over to the left so it's at the center of your mat. Roll over to your right side and plant your right heel down so you are balancing on the outside edge of your right foot. You want your left foot to be stacked on top of your left foot with both feet flexed. Bend your left knee and use your left hand to pull your left heel as high up on your inner thigh as much as possible. Plant the sole of your right foot completely on the floor to help you stay balanced. Once you are stable, reach your left arm up above you. Gaze up at your palm. Reach up with your right fingertips to take pressure out of your wrists.</p>	