

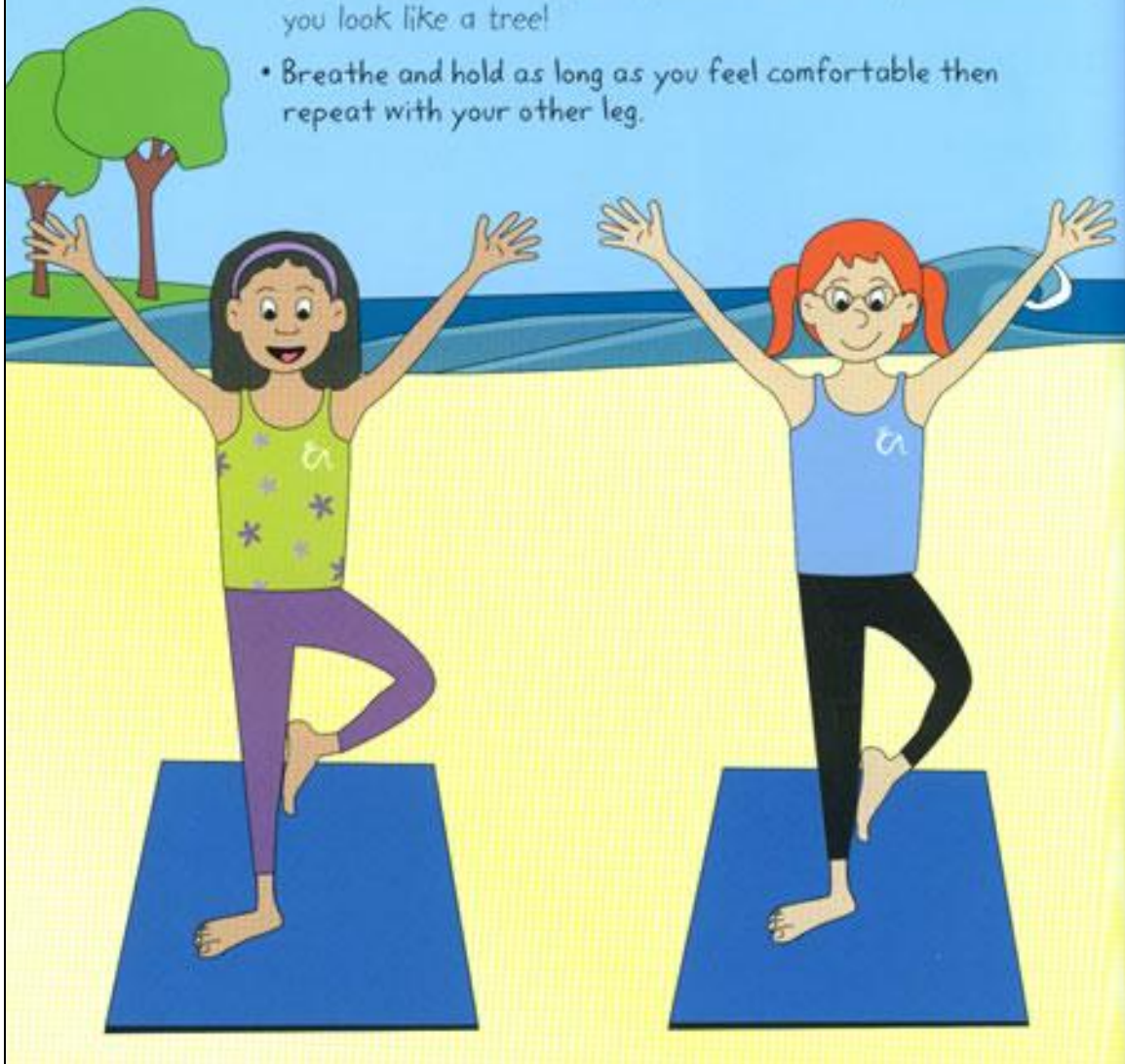
Enjoy this one page book excerpt from the award winning ***Walk Like a Bear, Stand Like a Tree, Run Like the Wind*** by author Carol Bassett, founder of NuBod Fitness.

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Tree Pose

The tree pose improves your balance and strengthens your back and legs. If you're having trouble standing on one foot, hold on to a chair or lean up against a wall.

- Begin by standing with your feet parallel, and your arms at your sides. Focus on a point in front of you.
- Imagine you are a tree and you have roots growing from your toes that are keeping you attached to the ground. Try and stand as tall as an oak.
- Slowly bring up one foot and place it on the inside of your standing leg anywhere between your ankle and your knee.
 - Now try putting your hands together in front of you. When you're able to balance, lift your hands above your head. Now you look like a tree!
 - Breathe and hold as long as you feel comfortable then repeat with your other leg.



Buy your copy of the award winning ***Walk Like a Bear, Stand Like a Tree, Run Like the Wind*** by author Carol Bassett. Buy online for only \$16.95. Visit www.NuBodFitness.com.