



Forestry  
England

The famous 'tree pose' in **YOGA** is so called  
after an ancient Hindu story of the goddess Sita.  
She held strong in the face of adversity by  
standing under the ashoka trees in this pose.

**Creativitree #16**



## Creativitree #16

Create your own yoga pose  
inspired by a tree form.

Use this side for notes, scribbles or doodles.

   **#Creativitree**

Take a picture of your yoga pose and share it with us