



Venture into Tu B'Shevat



Tree Yoga

Try these five tree yoga poses to remind you about the five years we wait to eat the fruit of a new tree. (Three years to let the tree grow strong, one year to offer to the Temple, and then the fifth year for you!)



Year One: The new tree is just beginning to grow! Make yourself as tiny as you can.



Year Two: The tree is beginning to stand up straight and tall. Slowly bring yourself to a standing position as you're able.



Year Three: The tree is full-grown and is beginning to bear fruit. Stretch your arms up like branches.



Year Four: It's time to harvest some fruit and give it to the Temple. If you're able, balance on one foot while keeping your branches up!



You can also try any of the arm poses on their own from a sitting position if you prefer.



Year Five: Now it's time for you to eat the fruit! Bring your hands together in gratitude for the gift of the harvest.

