

MOUNTAIN POSE/TADASANA

- 1- Stand with feet hip width apart. Feel the triangles of each foot on the floor. (Imagine the triangle -under the ball of the big toe connecting to the ball under the little toe and then connecting to center of heel).
- 2- Feel your legs lifting out of the ground, like two, strong bamboo shoots. Slight squeeze in the quadriceps- do not lock the back of knees.
- 3- Your hips should be directly over your knees and your knees over your ankles.
- 4- The tailbone is pointing down- this is achieved by squeezing the buttocks very slightly. Do not squeeze the buttocks tightly.
- 5- Feel your spine lifting up out of your lower back. Lifting the ribcage.
- 6- Spread your clavicles as if they are 2 wings opening up from the heart- opens the chest.
- 7- Relax your shoulder blades down the back. No tension at all here.
- 8- Chin is parallel with the floor
- 9- Head is positioned directly on top of neck/spine.
- 10- Arms/hands are engaged gently.
- 11- Breathe slowly and softly.
- 12- Look at eye level at a point in front of you.

BENEFITS

- 1- Re-trains the body to stand correctly
- 2- Reverses the negative effects of poor posture.
- 3- Develops concentration and coordination
- 4- Mind is focused and free of distraction
- 5- Promotes experience of stillness, strength and quiet power
- 6- Foundational pose for all standing yoga poses.