

Mountain Pose

(TADASANA)

Keep your journal close by so you can write out the following information while watching the tutorial or after watching & practicing the Asana:

- 🌀 **Muscles Involved**
- 🌀 **Common Misalignments**
- 🌀 **Avoidances & Risks**
- 🌀 **Prenatal Modifications**

Improves posture, increases awareness. Strengthens ankles and thighs.

Cueing

Stand with the feet parallel and hip distance apart. Balance the weight of the body evenly over the four corners of the feet: big toe joint, little toe joint, inner and outer heel points.

Gently press the front of the thighbones back and rotate the thighs slightly inwards. Lengthen the pubic bone towards the navel. Micro bend the knees and relax the buttocks.

Reach the crown of the head up towards the sky, balancing the head evenly over the spine so that the ears line up with the shoulders. Lengthen the waist and widen across the collarbones. Ease the shoulders away from the ears. Relax the arms at your sides, palms soft and open. Feel tall, spacious and grounded.

Variations

Feet closer together, toes touch with space between ankles. With eyes closed, shift your weight back and forth, side to side, feeling for the four corners of the feet before finding neutral balance over the feet. Shoulder shrugs and rolls. Feet wider apart for comfort for pregnancy or body shape.

Adjustments

Place hand on crown of head to encourage extension upwards. Place one hand at the front and back of the lower rib cage; soften and gather in here.

