



Mountain Pose - Tada-asana

Marissa Farrell

Standing with your feet together, gaze down at your toes.

Lift them all up and spread them as far apart as you can.

Let your arches rise and the heels and metatarsals (balls of the feet) extend into the ground.

Feel that with the toes up, the legs muscles contract and the knee caps lift.

Keep the toes lifted and, as you bend your knees a little, lift up the head.

With the bend in the knees, drop the tailbone down and let your abdominal muscles slightly contract towards the spine.

Roll the shoulders onto the back and spin open the palms of the hands, fingers extending out like the toes are extending up.

Let the spine rise through the crown of your head without lifting your chin, but instead letting the chin release.

Now as you are grounded downward and lifted upward, let the toes spread onto the floor, lengthen up through the knees till they are straight but not locked, and feel the strength and presence a mountain commands.

Let all other postures reflect this mountain quality.