

POSE OF THE
WEEK:
MOUNTAIN POSE

TADASANA

your daily practice:
Hold for three breaths and repeat
two more times through



HOW TO:

- 1 Toes touching and heels are an inch apart or stand with feet hip width apart, root the soles of your feet down into the earth.
- 2 Legs are straight without hyperextension, quads are engaged, core strong, shoulders relaxed, arms by your side, and palms facing forward.
- 3 Crown of the head reaching towards the sky & feel your torso lifting up out of your waist.

FUN FACT:

This posture is your body's "true north."

PURPOSE:

Connect to your alignment, connecting to the earth, your breath and "roots of extension."

ARM POSITIONS:

Can either stay at your sides or come into prayer position in front of chest

GIVE THIS A TRY:

Place a block or book in between your thighs to help strengthen.