

Mountain Pose  
Tadasana  
(*tah-DAHS-anna*)  
*tada* = mountain

Mountain is a seemingly simple pose but it's a foundation for just about every other pose. Just think of the number of times you center yourself in Tadasana and then move into other poses such as Warrior or Triangle. Practicing Tadasana also improves your posture and increases your awareness of the muscular-skeletal alignment.

### The Blueprint

In Mountain Pose, the practitioner stands with feet hip width apart, pressing the crown of the head up while standing with firm legs.



### How to do it

1. Stand with feet shoulder-width apart.
2. Use yoga toes to ground yourself – lift your toes, spread them and place them back on the floor. Evenly distribute your weight over all four corners of each foot and “root” yourself to the floor.
3. Lift your kneecaps by engaging your quadriceps and drawing them upward. Tuck your tailbone and center your pelvis bowl over your hips. Your legs are straight but relaxed.
4. Inhale, lifting your chest away from your waist. Imagine there is a string pulling the crown of your head toward the ceiling as you elongate the spine.
5. Exhale and pull your shoulders down from your ears as you reach for the floor with your fingertips.
6. Soften your throat and make the tongue wide and flat on the floor of your mouth. Soften your eyes.
7. Stay in the pose for 30 seconds to 1 minute, breathing easily.

In this position, imagine there is a line of energy that runs up from the floor, through your legs and torso and then back down your legs. Feel the strength and stillness associated with a mountain.

### Don't:

1. overextend your chin
2. lock your knees out

### Benefits

- Improves posture through aligning and centering the whole body
- Relieves sciatica
- Strengthens joints and muscles of feet and legs
- Tones pelvis, abdomen and buttocks

### Contraindications

- Headache
- Insomnia
- Low blood pressure, dizziness
- Recent or chronic injury to the shoulders.