

MOUNTAIN POSE



Mountain pose is the basic standing posture. It is helpful in preventing and correcting pain throughout the body. Its elements are present in most other postures.

FEET

1. Stand with feet parallel and hip width.
2. Lift and spread all ten toes. Put them back down.
3. Press down through all four corners of the feet. Draw the arches up.

KNEES

1. Keep a slight bend in the knees.

HIPS

1. Pull the tailbone down and draw the belly in and up to bring the pelvis to a neutral upright position.

SHOULDERS

1. Draw the sternum upwards.
2. Pull the shoulders back and slide the shoulder blades in towards the spine and down the back.
3. Stretch the arms and fingers toward the floor.

HEAD

1. Draw the base of the skull up and back and lift the top of the head towards the ceiling. This lengthens the back of the neck.
2. Be sure that the chin stays level with the floor and does not lift toward the ceiling