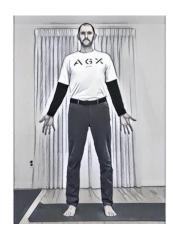
MOUNTAIN POSE



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