



How to:

Tadasana Mountain

Adjustments and variations, prep and follow-up poses, advancements

Relevant Anatomy: Internal and external benefits / risks

Other Benefits to Class: spiritual, chakras, sequence development...

SHORT SCRIPT:

- Stand at the top of your mat with your feet together, toes in front of heels.
- Lift your toes, squeeze your legs and buttocks, and soften your knees.
- Lengthen your spine, flatten the torso, and drop your shoulders down and back.
- Now lift and open your chest, and flatten and lengthen the back of the neck.
- Breathe evenly, in and out.

MY EXTENDED SCRIPT (what I like to talk about in this pose)