



**How to:**

# Utthitta Tadasana Extended 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 arms up overhead; turn the palms to face in.
- Drop your shoulders away from the ears.

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