

How to:



Stand with your feet comfortably close, heels slightly apart (so that your second toes are parallel). Lift and spread your toes, then lay them softly down. Rock back and forth and side to side. Gradually reduce this swaying to a standstill, with your weight balanced evenly on the feet. Firm your thigh muscles and lift the knee caps, without hardening your lower belly. Line up the knees with the middle toe, and feel the engagement of core muscles all the way to the hips. Lower spine flattens, hips press forward, inner thighs roll out while the calves roll in. Lift the inner ankles to strengthen the inner arches, then imagine a line of energy all the way up along your inner thighs to your pelvic floor, and from there through the core of your torso, neck, and head, and out through the crown of your head. Press your shoulder blades into your

back, then widen them across and release them down your back. Without pushing your lower front ribs forward, lift the top of your sternum straight toward the ceiling. Widen your collarbones. Hang your arms beside the torso. Balance the crown of your head directly over the center of your pelvis, with the underside of your chin parallel to the floor, throat soft, and the tongue wide and flat on the floor of your mouth. Soften your eyes. Stay in the pose for 30 seconds to 1 minute, breathing easily.

Adjustments/Variation:

Feet apart, practice against the wall, or a partner. Hands on: aura touch, teach touch, loving touch

Advancements:

Drishti gaze, hands overhead in prayer, out to the sides, front, back; mix with breathing, close eyes

Prep / Follow up:

Down dog, chair to prepare / recreate the sensation of Tadasana in all other poses

Benefits:

Improves posture, strengthens thighs, knees, ankles, firms abs and butt, relieves sciatica, improves flat feet *** Practice padabandha

Contraindications:

Headache, insomnia, low blood pressure

Chakras: First, Muladhara, Foundation, Third, Manipura, purpose

Spiritual Aspects: The most important yoga posture is the ability to stand on your own two feet. Swami Kriyananda. Tadasana enables clarity, attentiveness, a buoyant and supple body. Balancer. Like a mountain, Tadasana reminds us of the inert strength we all have to face adversity and not fall down, to literally “stand tall.” Enables calm, confidence, facing fears.

Affirmation: I stand ready

Benefits to Classes: Coming in and out of tadasana keeps the class energy focused and strong. Students have a moment to realign and ground their bodies, find breath and focus, and bring that to the next pose.

Swami Kriyananda wrote in *The Art and Science of Raja Yoga*:

“Right posture is vitally important to the yogi. A bent spine impairs the flow of energy. It also cramps the breath, making it almost impossible to breathe deeply. Right posture, however, from a standpoint of yoga, is by no means the rigid stance of a soldier on parade. One must be relaxed even while standing straight. Indeed, until one can learn to keep his spine straight he will never know how to relax perfectly.

“Stand in such a way that you feel yourself centered in the spine, with the rest of your body suspended from the spine in much the same way as branches are suspended from the trunk of a tree. The chest should be somewhat (but not too much) out, the shoulders a little bit back, the head neither hanging forward nor drawn back too rigidly. If you stand perfectly straight, you will find that it takes very little strength to remain standing – only enough strength to maintain your balance.”