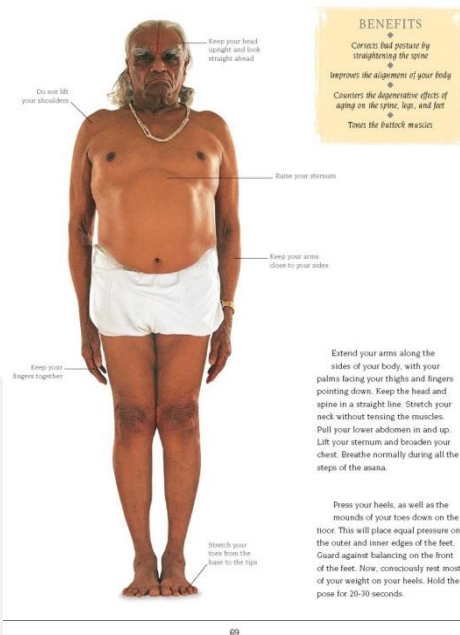


Tadasana (Mountain Pose)



1- Stand with your feet together, toes, heels, and ankles properly aligned. Press down your heels and spread the mounds of your toes. Extend your toes forwards, balancing evenly between the front and back of both feet. Tightening your knees and thighs, suck them in, then pull them up. Draw in your hips, lengthen your inner tailbone, and lift your abdomen. Extend your spine. Align your arms with your sides, palms in. Lift your sternum, taking your shoulders back and shoulder blades in.

2- Keeping your head and neck aligned, press your feet down and keep the crown of your head in line with your feet. Look ahead and find inner balance. Hold for 20-30 seconds, breathing evenly, then relax.

Source: Yoga Wisdom and Practice
By: B.K.S Iyengar
Dorling Kindersley publication, 2009