

Tadasana

Mountain Pose

(tah-DAHS-an)

Benefits

- Improves alignment, posture
- Teaches balance and centering
- Strengthens thighs, knees, ankles
- Tones buttocks and abdomen
- Relieves sciatica
- “Rest” pose between other standing poses

Contraindications/Precautions

- Foot/leg/hip injuries
- Severe scoliosis or disc injury (may need to use wall)
- Headache
- Insomnia
- Low blood pressure

Getting into the pose

- Start with feet parallel, can be touching at the big toes or up to hip-width apart
- Lift and spread toes of each foot and set toes down one by one
- Balance weight between left and right foot, inside and outside edge, and the front and back of each foot.
- Engage legs, drawing up on knee caps, pelvic floor, and core
- Release shoulder blades down back, opening the heart
- Let tailbone soften down towards floor
- Align hips over feet, shoulders over hips, head over shoulders
- Arms are at side, palms facing body or turned forward
- Gently reach through fingertips

Teaching Phrases/Cues

- Broaden across chest
- Feel grounded and steady, like a mountain
- Reach up through front body, release down back body

Modifications/Variations/Props

- Stand against a wall for balance
- Use a block between legs to engage inner thighs
- Arms overhead
- Palms facing forward

Common mistakes (what to look for)

- Too much internal rotation of thighs (“knock knees”)
- Rounded shoulders, sunken chest, chin and head jut forward (“collapsing”)
- Rib cage forward, arch in lower back (“propping”)
- Feet turned in or out
- Feet too close together (if balance is an issue)



Adjusting/Assisting

- Touching shoulder blades to release down back or to relax if drawn back too far (“military stance”)
- Light touch at top of sternum to lift chest

Laura’s Tips

This pose should bring up a feeling of strength and power, an ability to face life like a mountain. To create more strength in this pose, place a block between your thighs, high up at the top. Ground through the feet and draw up through the inner thighs, engaging them equally. (Use the block for feed back about the equality.) Keep drawing up, engaging the pelvic floor, and core torso muscles. Let your heart open effortlessly as you relax your shoulders down.

Notes:
