


Time	Image	Pose	Description
		Mountain	<p>Stand with feet hip-width apart. Tuck chin in. Legs slightly bent. Shoulders back and down.</p> <p>Sanskrit: Tadasana</p> <p>Benefits: Improves posture and concentration. Strengthens legs. Engages core. Strengthens your thighs, knees, and ankles. Firms your abdomen and buttocks. Relieves sciatica. Reduces flat feet.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> <p>Modifications: A) Palms together in prayer mudra behind the back. B) Hands raised over your head. C) Eyes closed. D) Samashthiti (feet together). E) Feet hip-distance apart. F) Rock gently back and forth and side to side. G) Block between the thighs. H) Palms together in front of the chest in prayer mudra. I) Interlace fingers and extend arms straight in front of you (shoulder stretch).-</p> <p>Precautions : Avoid locking the knees out (allow your knees to soften).</p> <p>Resources:</p> <ol style="list-style-type: none"> 1. Mountain Pose Variations