


Time	Image	Pose	Description
		Mountain	<p>Feet hip width apart. Tuck chin in. Legs slightly bent . Shoulders back and down.</p> <p>Alternatives: Samashthiti (feet together).</p> <p>Sanskrit: Tadasana</p> <p>Benefits: Improves posture. Strengthens legs. Engages core.</p> <p>Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0</p> <p>Modifications: Hands in prayer behind back. Eyes closed.</p> <p>Precautions : Pregnant.</p> <p>Resources:</p> <ol style="list-style-type: none"> 1. Mountain Pose Variations