

Yoga Tadasana Standing Mountain Pose - Adults

Tadasana, also known as mountain pose or standing pose, is a staple asana (posture) to enhance your yoga practice. Even inexperienced yogis can get a lot from this position as it helps to bring control to your body and posture, building core strength and rooting you to the earth.



Tadasana is a neutral body pose, a standing version of savasana, the relaxation pose. This posture is preparation for many standing postures, where good balance and control are key to a strong pose. Bring your feet together so that big toes and ankles are touching, with toes spread wide, creating maximum contact with the ground. Ensure your weight is distributed equally on both feet, side-to-side and front-to-back. Keep your arms at your sides.



Some people may find it more comfortable to stand with feet hip-distance apart, with feet and knees stacked directly under the hips. This is also a useful modification for pregnant women or those on their period.

At the start of your practice, you will probably want to keep your eyes open and focus on a point of stillness in front of you on the horizon. As you become more familiar with the pose, you may want to challenge your balance by closing your eyes. You will know when this feels right. Take three deep breaths in this posture before moving on.

A further challenge to this posture is to raise your arms to the side until they are directly upwards, with hands and elbows stacked over your shoulders.



Look straight ahead, and once comfortable in this position, again, you may feel that you can challenge your balance by closing your eyes. Once more, take three deep breaths in this posture.

The final extension is a strong move, so do not try this if you have issues with your back. Bringing your arms together until your palms and thumbs are touching, look past your hands to a spot above you.



Stay in this posture taking deep, full breaths, noticing the expansion of your chest as you breathe in. Try and keep the relaxation in your shoulders and a space between your ears and shoulders. Take three full breaths here, then gently come out of the posture by bringing your arms back down to your side and shaking out your legs to release the tension.

Try to retain this sense of control and grounding in the rest of your day.

