

Posture Worksheet

Posture Name (Sanskrit): Tadasana

Pronunciation: *tah-DAHS-anna*

Posture Name (English): Mountain Pose

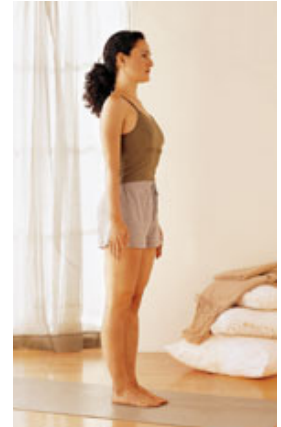
Alternate Posture Names: Equal Standing Pose or Samasthiti

General Type of Posture:

Standing Seated Inverted Balancing

Forward Bend Backward Bend Twist Side Bend

Approximate Physical Intensity: **Low** Medium High



Pose Technique: Provide Breath Cues (inhale/exhale) alongside Movement/Alignment Cues (how to get in/out of pose safely)

INHALE: Stand tall with your feet parallel and placed either together or hip-width apart.

EXHALE: Press down through all four corners of the feet—this includes the inner and outer heels; inner and outer balls of the feet—distribute your weight equally and feel a “rooting down” take place.

INHALE: Lift the arches of your feet by lifting and spreading your toes. Your inner and outer ankles energetically lift upward as well.

EXHALE: Find balance through the rooting down and lifting up in feet.

INHALE: Lift the kneecaps by contracting your quadriceps to create space in the knee joint.

EXHALE: Lift upward and out of the joint, rather than compressing or locking the joint. Place a slight bend in your knees to assist with this action.

CONTINUE TO BREATHE: Structurally, the legs are parallel. Energetically, the upper thighs and legs rotate outward while the lower legs and calves rotate inward.

EXHALE: Lengthen your tailbone down toward the floor and lift your pubic bone toward your navel.

INHALE: Lengthen your torso and side body; expand your ribcage in all directions.

EXHALE: Tuck your lower abdomen in and lift upward.

INHALE: Lift your sternum; spread apart your collarbones; soften your front ribs toward the waist; expand your back ribs.

CONTINUE TO BREATHE: Make sure your chin is parallel to the floor.

Move your shoulder blades downward along your back.

Extend your arms (upper arms rotate outward and lower arms rotate inward) with the palms facing your thighs; reach your fingers toward the floor.

Soften your eyes and gaze; focus your drishti on a neutral spot toward the horizon.

Prop Technique Options:

- Squeeze a block between your inner thighs and push it forward and backward to find the middle; energetically draw the block upward, bringing awareness to your core.
- Balance a block on top of your head; place straps under the arches of your feet; lift upward without sinking into your arches.

- Stand against the wall or lie on your back; drop your tailbone and find a neutral spine.

Physical Assist Technique Options:

- Stand behind the person and place your hands on the top of their shoulders while pressing down to encourage them to lengthen neck and relax shoulders.
- Cup your hands around upper arms and roll backwards to encourage them to expand chest. Or place finger at sternum and ask practitioner to lift their chest up into your finger.
- Stand on side and gently press in around navel area with one hand and press down on sacrum with other for pelvic alignment (if tailbone is lifted or tucked).

Verbal/Self Assists: Self assists may be incorporated more into a class when physical assists are not given. It is showing the practitioner how to assist their own body with finding alignment. For example, in mountain hands press down on head while head lifts up to hands.

Modifications and Variations to Offer:

- You may improve your balance in this pose by standing with your inner feet slightly apart or as wide as hips.
- You may challenge your balance by practicing this pose with your eyes closed.
- You may alter the position of your arms in a variety of ways; for example: stretch the arms upward, perpendicular to the floor and parallel with each other etc.

Contraindications: *These are not really contraindications but cautions:*

- Headache/migraine
- Vertigo
- Low blood pressure

Common Body/Breath Challenges

- Tendency to round shoulders forward and not align spine.
- Tendency for tailbone to be either tucked (causes rounded shoulders) or lifted (causes ribcage to jut out)

Quick Guide to Major Muscle Groups and their Basic Functions

Muscle Group	Location	Actions
Delts (Deltoids)	Shoulder	Carry items
Biceps	Front of upper arm	lifting, forearm rotation
Triceps	Back of upper arm	straightening arm
Pecs (Pectorals)	Chest	support holding things in front of body or reaching behind
Abs (Abdominals/Core; includes a hip flexor)	Between ribs and hips	breathing, twisting, bending over, posture
Obliques	Side body	twisting, side bending
Traps (Trapezius)	Upper back	tilt & turn head, shrug shoulders, lift items overhead
Lats (Latissimus Dorsi)	Mid to lower back	pull something into body, take something down from overhead, swimming
Erector Spinae	Along spine	extend spine, posture, bend forward, sideways
Glutes (includes hip extensors, hip abductors)	Booty	move legs backward and sideways
Hamstrings (includes hip extensors)	Upper back part of leg	bend knees and propel body forward
Calves	Lower back part of leg	lift heels up, walk/run/ up stairs, sprinting jumping
Quads (Quadriceps; includes hip flexors)	Upper front part of leg	help legs straighten, sit to stand, stabilize knee, help rotate hips

- Which major muscle groups are *engaging* in the pose?
 - Firms abdomen and buttocks, strengthens thighs (especially quadriceps), the area around the knees and ankles, and the space between the shoulder blades (mid to lower trapezius and rhomboids)

Calves	Glutes	Pecs
Quadriceps	Erector Spinae	Triceps
Hamstrings	Lats	Biceps
Hip flexors	Traps	Delts
Hip extensors	Rhomboids	Other _____
Hip adductors	Obliques	Other _____
Hip abductors	Abs/Core	Other _____

- Which major muscle groups are *stretching* in the pose?
 - Neck lengthens, chest expands, deep breathing opens up abdomen and pelvic area

Calves	Glutes	Pecs
Quadriceps	Erector Spinae	Triceps
Hamstrings	Lats	Biceps
Hip flexors	Traps	Delts
Hip extensors	Rhomboids	Other: Neck
Hip adductors	Obliques	Other: Chest
Hip abductors	Abs/Core	Other _____

All Other Benefits:

- Improves posture and balance
- Relieves sciatica
- Reduces flat feet
- Boost circulation

Sequencing:

Create a short sequence below of 6 poses that includes the pose from this posture worksheet. This pose may be a prep, peak, neutralizer, or counter pose. Explain your reasoning for choosing each pose.

- A *Prep Pose* is a simpler pose that strengthens and/or stretches the same muscles that need to be stretched/strengthened in the peak pose.
- A *Neutralizer* brings the spine into a neutral position to re-center. They may be placed anywhere in the sequence, especially between prep poses.
- A *Peak Pose* is the most challenging or more complex pose of the sequence.
- A *Counter Pose* relieves tension that may have built up during the peak pose. It often moves the spine or other bones in an opposing or different way than the peak pose.

Name of Pose	Type of Pose (prep, neutralizer, peak, counter)	Reason chosen (why did you choose this pose as a prep, neutralizer, peak, or counter pose?)
1 Mountain Pose	prep	To prepare legs for stability, create length through spine, and awareness of neutral pelvis (needed in upcoming standing poses)
2 Warrior I	prep	To prepare for balance, prepare arms for lifting upward in the peak pose, maintain stability, length, and neutral pelvis
3 Mountain Pose	neutralizer	To bring spine back to neutral after slight back bend in Warrior I.
4 Warrior II	prep	Prepares legs for external rotation of the hip, maintain stability, length, neutral pelvis
5 Tree Pose	peak	To maintain stability, length, neutral pelvis, external rotation of hip, and possible lifted arms all while balancing on one foot.
6 Standing Forward Fold	counter	To release tension built up around spine, hips, and legs from standing