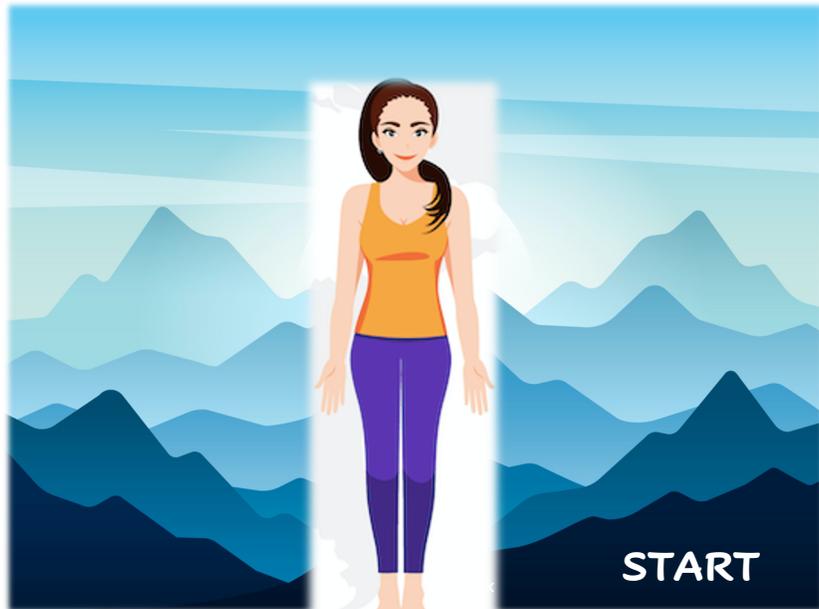


Mountain Pose

Strong Tall Aware Ready Thankful



WELL
TOGETHER
NOW

1. Find a focal point and rest your gaze there during this yoga practice. You can use a point on the poster or find a spot elsewhere in your space. Move only your eyes (not your head) to focus on this spot. Your posture should remain tall in this pose.
2. Stand with your feet together (big toes touching, and heels slightly separated). *Modification: Feet can be spaced up to hip distance as needed for balance.*
3. Lift and wiggle your toes. Then, gently rock back and forth. Come to center and spread your weight across the bottoms of your feet. Imagine your feet are growing roots into the ground below. Pull your arches up as you grip with your toes and heels.
4. Stand tall, with your neck and shoulders relaxed and in line with your body. Your ears are above your shoulders and chin is parallel to the ground.
5. Rest your arms at your sides. Turn your palms out and spread your fingers.
6. Inhale and draw your shoulders up, then relax your shoulders on the exhale.
7. Roll your shoulders back so they are in line with your sides, but without puffing out your chest.
8. Gently squeeze your thighs (the big muscles on the front of your legs) and glutes (buttocks) to strengthen as you hold.
9. Imagine you are a mountain—strong and steady. Hold the pose for X seconds. Continue to breathe and use your focal point. Use one or all of the words from the poster to silently repeat a mantra: **STRONG, TALL, AWARE, READY, THANKFUL.**

Additional Modifications: Students can stand with backs to a wall for support. There will be a natural curve which creates space between the lower back and the wall. Do not force lower back to the wall. Alignment cues remain the same with this support.