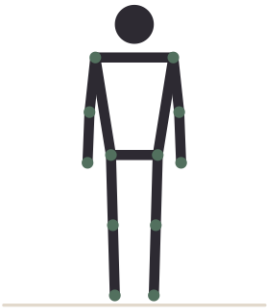
yogalike

Mountain Pose

Tadasana · Beginner



1. Stand with your feet together or hip-width apart, weight even across both feet.
2. Lengthen your legs without locking your knees.
3. Stack your hips over your ankles and your shoulders over your hips.
4. Let your arms rest by your sides, palms facing forward or in.
5. Lift through the crown of your head and breathe steadily.

What to feel for

Both hips at the same height, both shoulders at the same height.

Knees long but soft.

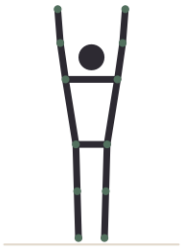
Shoulders relaxed away from your ears.

Chin level, gaze soft and forward.

Variations



Arms by your sides



Arms overhead (Urdhva Hastasana)

yogalike · scan to practise, no account needed

https://yogalike.lp-data.cloud/practice?pose=mountain&from=printable

It offers practice guidance, not medical advice, and it cannot tell whether a pose is right for your body. Move within what feels comfortable, and stop if anything hurts.

Free to print and share with your students, as long as this line stays on the sheet.