

Tadasana

- Stand tall with legs together, big toes touching and heels slightly apart. Lift and spread toes.
- On each foot, feel anchored to the ground at four points: inside and outside of heel and at the ball of the foot of big and little toe.
- Keep your weight centered on your anchor points as you lift your arches and spiral your thighs inward.
- Imagine drawing two diagonal lines from the inside and outside points of the feet to form an "X" on each foot. Lift the center of the "X."
- Slide your fingers up to top of thighs and press thighs back (you'll feel your butt stick out).
- Slide your sacrum (not pelvis) downward and gently tuck under.
- Engage abdominals by drawing your navel inward toward your spine.
- Use upper abdominals to draw front ribs inward and together as if putting on a vest and buttoning it.
- Keeping your vest buttoned and your low ribs in place, lift your sternum—your head will float up and back, your chest will widen and your shoulders will slide down and away from your ears.
- Now, hitch your thumbs in your armpits like a cowboy. Draw your elbows to your sides and press straight up, lifting your ribcage up and off pelvis. Yee-haw!
- Keeping the lift of the ribcage, remove your hands and slide them down the side of your thighs reaching your fingertips for the floor while you lengthen up out the crown of your head.
- Whew! You made it!
- Now breathe...deeply...Take a moment to feel your new posture from your feet rooted to the ground up through your tall body.
- Breathe again, and take as much air as you can into your lungs and squeeze every last drop out. Your Tadasana posture and full breathing will help your body feel energized, dynamically aligned, and ready to move in any direction.

