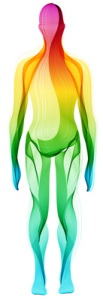





MIGHTY TADASANA: HOW TO USE MOUNTAIN POSE TO TRAIN YOUR BALANCE


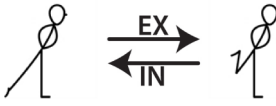
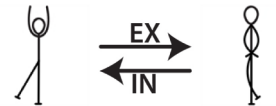

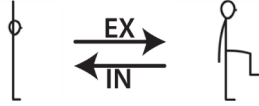



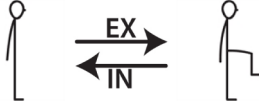
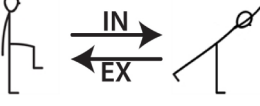


The classic version of Mountain pose is as stable as any standing pose gets. But if we change the form of the pose a bit, we can successfully use it to both train our balance AND strengthen the muscles that are directly involved in maintaining balance during standing and walking. There are two main ways to do it: to lift up on the balls of the feet and to stand on one leg.

LIFTING UP ON THE BALLS OF THE FEET

HEELS-UP TADASANA	3-STAGE TADASANA	HALFWAY TADASANA
 <p>Lift up on the balls of your feet.</p>	 <p>With every IN lift up a little bit higher than before.</p>	 <p>On exhale come halfway down (vary arm positions).</p>

STANDING ON ONE LEG

FLEXION <i>"Marching" Tadasana</i>	EXTENSION <i>Tadasana "butt kicks"</i>	ADDUCTION/ABDUCTION <i>Tadasana "pendulum"</i>	ROTATION <i>Tadasana hip circles</i>
 <p>March in place with your breath raising the knees up.</p>	 <p>IN: Extend one leg back. EX: Bend the knee.</p>	 <p>IN: Extend the leg out. EX: Cross it in front of (or behind) the other leg.</p>	
<p><i>Tadasana knee raises</i></p>  <p>EX: Lift one knee up. IN: barely touch the toes to the floor, raising the arms up.</p>	<p><i>Tadasana leg extension with knee bent</i></p>  <p>Bend the knee in front of you. IN: Move the leg back keeping the knee bent. EX: Bring the leg forward.</p>	<p><i>Tadasana half-circles</i></p>  <p>Move the leg out-back and out-forward in a circular motion.</p>	<p><i>Tadasana leg rotation</i></p> 
<p><i>Tadasana in-forward-out knee raises</i></p>  <p>Lift the knee toward the midline, then directly in front of the hip, then out to the side.</p>	<p><i>Tadasana flexion/ extension</i></p>  <p>EX: Lift one knee up. IN: Straighten the leg and move it back</p>	<p><i>Tadasana "passé"</i></p> 