



Ms. Julie C.'s Yoga Poses: **The Mountain**



Mountain Pose

- Press your feet firmly into the floor.
- Knees are neutral, so they're not locked back and they're not bent forward.
- Shoulders are relaxed.
- Think about lifting the crown of the head up toward the ceiling.

Modifications

- This posture can be done seated if you're unable to stand or have challenged balance.
- If this bothers your shoulders, try moving the arms out into a V position.

Benefits

- Helps maintain healthy posture.
- Strengthens legs.
- Calms the body and mind.