

Asana

Mountain Pose: Arms Variation

Tada Asana

Starting Position: erect, feet parallel on the outer edges and hip width apart.

Tada Asana means Mountain Pose. It is usually practiced for one–two minutes before lifting the arms upwards to deepen the sensation of being grounded. When the arms are kept down, Tada Asana is a position of stability, but there is no energy contact with the celestial level. When the pose is executed with your arms lifted upwards, it becomes one of the most powerful and effective exercises, for it opens the doors to the sky.

Lift your arms upwards, as if you are putting them inside a tube.

Relax your body, especially the pelvis, lower limbs' joints, jaw and eyes. Your torso, arms and head are aligned; keep your fingers straightened but not tense reaching up through the middle fingers; wrists are relaxed.

Your head alignment is achieved by bringing the tip of your nose slightly backwards. If an urge to yawn arises naturally, then follow its flow.

In order to relax your shoulders, gently push your heels downwards, alternating from one foot to the other while slightly moving the tips of your fingers.

Avoid moving the pelvis forward.



Try to get used to holding this position for at least 10 minutes. A feeling of complete relaxation starts from your feet and moves upwards, all the while maintaining and improving your body's alignment. Your breathing is naturally deep and complete; the lateral expansion is especially perceived at the level of the waist and lower ribs.

Contraindications: shoulder related pathologies with restrictions on movement.

Benefits: this posture develops balance between the muscular chains; relaxes diaphragm and deepens breath; favors contact with both telluric and celestial energies. It promotes willpower and decision–making.