

Asana

Mountain Pose: Variation with Heels Together

Tada Asana

Starting Position: erect with your heels together and toes separated. The angle between your feet is from 60 to 100 degrees. Keep your knees soft and relaxed, pelvis in a neutral position, shoulders dropped and head aligned. It is possible to abandon your arms or assume a Mudra of your choice.



Amongst the different Mudras you can experiment with in this position, the particularly interesting ones are:

Salutation Mudra or Prayer Mudra: stabilizes and helps in concentrating Prana in the Chakra of the Heart.

Mudra of the Sky: the position of the arms represents a continuation of the vertebral line to 30-40 centimetres from the vertex of your head which helps to perceive an ulterior and important point of reference: the zenith. This point is very important for the alignment of your head and obviously of your whole body.

The position can be maintained for a long time.

Contraindications: nothing specific.

Benefits: notable perfection of equilibrium, reduction of tensions and mental calmness. This position has the quality of offering a notable stability combined with an extreme sensitivity to equilibrium.