

Mountain Pose

Marty Funcell – 8/22/18

Tadasana is a yoga posture we call the Mountain Pose
You stand straight up with your feet very close
It's almost like standing at attention like a soldier
Except it's not as stiff, the muscles are relaxed, especially the shoulders
Chest is in and up and toward the chin
Hips over ankles, the butt slightly in
The face is fierce pretty with a slight wiry grin

Not sure why they call this pose mountain
When I perform it, I feel more like a water fountain
I want to tip my head up and spew water from my mouth
Then spin around to the East, North, West and South