



Phase 10 Mountain Pose

English 10

- ① Read the following part of the article „Why Tandasana is much more than standing“

Part 2: What is your body doing in Tandasana?



- ② Underline as follows:

- verbs - red
- adjectives - yellow
- adverbs - blue

This is what your body is doing in tandasana

The spine is in a neutral position. The arms are extended and fully stretched downwards. The hip is in neutral position, knees are slightly bent and your ankles are rotating outwards.

Despite your feeling of „I am just standing and not doing much“, this pose does engage your muscles when done properly. Your core keeps your upper body extending towards the sky, while helping to pull your shoulders downwards. Your lower body grounds with the arches of your feet to support your entire body.





Music for yoga



-
- This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.