



Phase 11 Mountain Pose

English 11



Mount Kailash

Rich in symbolism, *tadasana* comes from the Sanskrit words *tada* (mountain) and *asana* (posture, or seat). Mountain Pose is the essence of stability and foundation, and as such, contains the building blocks for every other posture in yoga. The posture itself promotes the stillness, strength, relaxed power, and stability we associate with mountains.

An author explains the inseparable relationship between mountains and rivers, both represented by the Indian god *Himavat*, who represents the Himalayas and is also considered the father of *Ganga Devi*, the goddess of the Ganges, India's most sacred river.

"When we stand in *tadasana*, the head, being nearest to heaven, is where we receive the blessings that flow through the rest of our body like a river," she says.

The even stance of Mountain Pose—the lengthened spine and steady base—sets the tone for practice.

In India, there is a mountain called Mount Kailas with two lakes—one shaped like the sun and the other like a crescent moon, which represents *hatha* (*ha* = sun, *tha* = moon) yoga. Mount Kailas is considered the seventh *chakra*—*sahasrara*. The two lakes have been likened to the two streams of energy (*ida* and *pingala nadis*) that rise up one central channel (*sushumna nadi*) moving toward the highest level of consciousness. Mount Kailas is considered a sacred mountain.

When we stand in *tadasana*, we are equally grounded and arising. Our base is firm, yet we reach upward toward the heavens. Our spine is situated as it would be during meditation, ideal for the free flow of *prana* (life force) throughout the body. Take the time to connect to this energy in *tadasana*. Doing so can help you to maintain it throughout your practice.





① Imaging you are part of a discussion. The other person taking part thinks Mountain Pose and yoga itself is stupid and should not be called a sport. You try to convince him/her of the opposite. Use the information of the text or your own experiences. Try to write about 260 - 300 words.

This image shows a single page of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings visible.