

MOUNTAIN POSE (ARMS ABDUCTED)

- Begin in Mountain Pose (1).
- Raise your arms, coordinating this movement with an inhalation. Avoid raising the shoulder blades by purposely relaxing them and allowing them to hang.
- Once the arms are horizontal, and without creating any excess tension, reach the arms out to infinity.
- Focus on reaching into the finger tips all the way from the collar bones and the back of the arm pits through the elbows and along the forearms as though you are extending your arms like a telescope.
- Hold this position and then slowly lower your arms to return to Mountain Pose.

Benefits

- Improves posture and length of spine.
- Stabilisers thighs, knees and ankles.
- Relieves sciatica.
- Calms the mind.

Beginners Advice

- You can improve your balance by standing with your feet slightly apart 5 to 10cm.
- Practice this posture using a wall or something similar to support and provide feedback.

Challenge

- Challenge the balance aspect of this posture by closing your eyes and learning to balance without visual feedback.
- Focus your attention on your breath- notice if your mind wanders to other thoughts, ideas or outside distractions and refocus back to your breath.
- Changing the position of your arms can further challenge this stage - try with your arms straight overhead.

Adjustments / What to look for

- Alignment is important in this posture. From side on look for a long line through the ear, shoulder, hip, knee and ankle.
- Excessive swaying with eyes closed- therefore open the eyes.
- Lateral leaning (leaning to one side) ask the student to try and be as long and straight as they can.
- Always return arms to sides with composure.
- Shoulders are relaxed and arms are horizontal.

