

Mountain

Center. Anchor. Home base.



1. Stand up tall and strong with your arms at your sides and your feet about hip distance apart. Rock back and forth on your feet a few times until you find a comfortable center – this is your mountain base. Find a small unmoving object across the room in your line of vision. Focus your eyes on this object. This is your "Focus Point".
2. Inhale as you raise your shoulders towards your ears. Exhale and roll them back and down. As you do so, notice your weight go into your feet, anchoring you solidly to the ground. Relax and focus on your breath.

here's
an idea!



- **Standing Crescent Moon.** Begin in Mountain. Inhale your arms up and bring your hands together above your head. Relax your shoulders away from your ears. Exhale as you bend your upper body gently to one side. Feel the stretch in your waist and outer arm. Inhale to bring yourself back to center. Exhale as you bend gently to the other side. Repeat using the flow of your breath to guide your movement.

- **Waterfall.** Begin in Mountain.
 - a) Inhale as you draw your arms to the front and up over your head, allowing your back to arch slightly.
 - b) Exhale and slowly come into a forward bend, swinging your arms all the way down and then up and behind you. Repeat, following the flow of your breath. Inhale up, exhale down.

- **Mountain or Tin Soldier.** Have a friend gently test your stability. What happened? Mountains will remain grounded and steady. Tin soldiers will fall off balance as they are typically holding their breath and bodies too rigidly. If you find yourself being a tin soldier, try again by taking a deep breath in, then exhaling to relax your shoulders and body. Imagine you have anchors in your feet. Ask a friend to gently test you again. Are you a Mountain?



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Standing barefoot or in shoes, plant your feet hip distance apart and really feel your feet and your weight on the ground. Take a deep breath and exhale out. Follow the steps on the attachment labeled Mountain 2. Within the mountain pose inhale and audible exhale out 5 times.

Do you feel stiff or relaxed? Mountains don't have to work at being mountains, they are tall, strong, stable. The more relaxed you are the more stable you are going to be.
YOU are a mountain.

Holding the mountain pose, move into crescent pose.

This is a great way to wake up your body, and remember YOU are a mountain, tall, strong and stable. And we are all in this together.

Be well