

Love Your Bodi - Yoga Pose of the day

Written by Tyeisha Delk
Friday, 15 January 2010 11:36 -



Tadasana, is a pose that can be done whenever your standing still. Yoga is not only practiced on the mat but can be practiced as we go about our daily tasks. Try this pose while standing on line at the bank.

Tadasana is the foundation for all standing poses. At least one foot in every standing pose is in Tadasana. Everything builds from the ground up. When you stand firm and tall as a mountain, you can increase awareness of what's going on in your own body.

Stand with your feet together or hips distance apart. Make sure your toes are parallel to the floor. Gently lift all ten toes and spread them as wide as is still comfortable, and then set them back down. Each person has an arch on the outside and the inside of their foot; gently lift these arches up. Start to slowly shift your weight very subtly between both feet until you find a sense of balance.

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Hatha is the balance of two sides; the sun and the moon, man and woman, hot and cold — and this pose is the best way to begin to find that balance in your own body. Close your eyes for a minute and breathe. Find the root of yourself as your feet connect to the earth. Try to gain a sense of being grounded as you balance on all four corners of your feet (your inner heel, your outer heel, the big toe and the little toe).

Lift the inner and outer ankles evenly as you draw your knees up. Flex your quads and hamstrings. This will help protect the knees as well.

Gently draw your inner thighs back as you drop your tail bone down towards your heels. Your frontal hipbones should lift up. This will create evenness in the pelvis and allow room for the spine to get long.

Use your stomach and lower back muscles to support your lumbar spine and soften your front ribs down. Elongate through all four sides of the waist, and feel your spine getting long.

Lift the top of your sternum from the inside; broaden across the collarbones and move the shoulder blades down your back and towards each other. Elongate the neck while keeping your chin parallel to the floor. Remember to breathe!

You might want to envision a string connecting the top of your head to the ceiling, in order to keep your head evenly placed on your neck. Your arms hang by your sides, palms face forward.

Now that you're in your mountain pose, close your eyes and breathe. Feel the connection of your body to the earth and the lightness that can be felt when your body is truly in balance.

Benefits of Tadasana (Mountain Pose):

- Improves arches in feet
- Builds strong posture

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- Can help with sciatica
- Builds strength in ankles, knees and legs
- Allows Prana to move freely throughout the body
- Resting posture

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