**Tadasana (Mountain Pose)**

**Equipment**: Yoga mat

* Do the yoga poses only as far as your body feels comfortable — never force or overstretch.
* Breathe normally, stop if you feel pain, dizziness, or strain.

**Avoid if:**

* Avoid this pose if you have severe lower back issues or recent injuries to the knees, ankles, or feet. If you experience any discomfort, modify the pose or come out of it immediately.

**Instructions:**

1. Stand tall with your feet together, with the big toes touching and heels slightly apart. Keep your back straight, arms relaxed at your sides with palms facing inward.
2. Engage your thighs and lift your kneecaps slightly. Tighten the muscles in your abdomen and buttocks to maintain a strong and stable posture.
3. Distribute your weight evenly on both feet, grounding through the heels and the balls of your feet.
4. Inhale deeply through your nose, lengthen your spine, and reach your arms overhead with palms facing each other.
5. Lift your chest while keeping your shoulders relaxed and away from your ears.

**Key Tips:**

* Focus on Alignment: Keep your body aligned by maintaining a straight line from your head to your heels. Engage your core for stability.
* Breathe Deeply: Use deep, rhythmic breathing to help you relax and maintain your focus while in the pose.
* Stay Grounded: Press firmly into the ground with your feet to create a strong foundation, allowing for better balance and stability.