
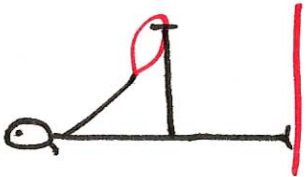

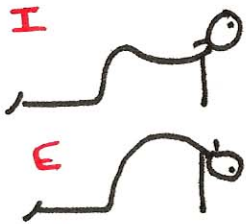


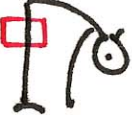



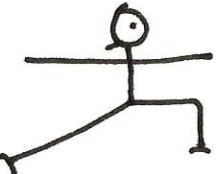
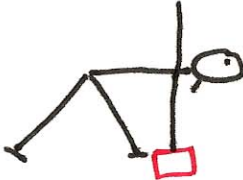










Tadasana

Find the alignment principles of Tadasana, or Mountain Pose, in all other poses.

 <p>Supta Tadasana Ground legs into floor, feet into wall</p>	 <p>Supta Padangusthasana I</p>	 <p>Apanasana</p>	 <p>Cat/Cow</p>	 <p>Balasana</p>
 <p>Tadasana Block between legs</p>	 <p>Uttanasana Block between legs</p>	 <p>Utkatasana</p>	 <p>Uttanasana</p>	 <p>Adho Mukha Svanasana</p>
 <p>Virabhadrasana II</p>	 <p>Trikonasana</p>	 <p>Uttanasana</p>	 <p>Dandasana</p>	 <p>Pascimottanasana</p>
 <p>Purvottanasana</p>	 <p>Setu Bandha</p>	 <p>Apanasana</p>	 <p>Reclining Twist</p>	 <p>Savasana</p>