

# Mountain Pose (Neutral Position)

Mountain Pose or 'Neutral Position' is the posture you want to be in during ever exercise. To begin, look at the 4 spots on the bottom of your foot, two on the heel and two on the forefoot (see below).



- Stand feet width apart with your weight evenly distributed on the 4 spots on each foot.
- Your knees will be slightly bent and unlocked
- Tilt your pelvis in, contracting your lower abdomen \*You do not want your buttocks sticking out
- Bring your shoulders back and down, palms facing forward
- Bring your chin back to where your ears are directly over your shoulders and look slightly up

