

# Mountain Pose in a Chair



YOGA MOVES **MS**

- Place your feet parallel and flat on the floor. Feel your feet touch the earth.
- Stack your shoulders over your hips, and position your head above your shoulders.
- Tilt the weight forward in your sitting bones. Then lengthen them down toward the earth. You will feel your belly tone.
- You may press your hands into your thighs or drape them by your side, palms facing forward.
- Lift your ribs out of your waist and lengthen the sides of your torso.
- Draw your shoulder blades together.
- Draw the crown of your head skyward, while keeping your chin parallel to the earth.
- Relax your jaw and tongue.

**Compliments of [YogaMovesMS.org](http://YogaMovesMS.org) and [Babytoboomer.com](http://Babytoboomer.com)**

\*\*Yoga skills and techniques presented in this article are not a replacement for medical care or personal instruction from a qualified instructor. Before beginning your yoga practice, consult your physician for any contraindications to the poses and exercises listed such as neck, spine, wrist or ankle injury.