



Mountain

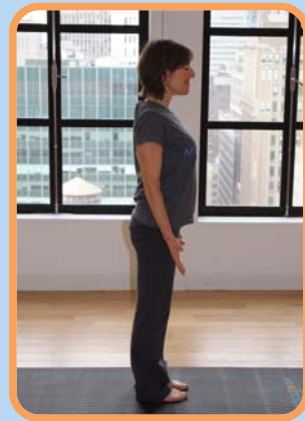
- Stretch arms out to the left and right sides of your body
- Reach fingertips to the ground and root feet down into the earth

MODIFIED I

- Place a chair beside or in front of you, and use hand(s) to help support and provide balance

MODIFIED II

- Sit in chair, with spine straight
- Feet are hip-width apart and rooted firmly into the ground



MOUNTAIN



MODIFIED I



MODIFIED II