



Stand still, feet shoulder width apart,
knees not locked.

Head slightly suspended, look gently forward and slightly downward.
Lower your chin a little (forming a double chin). Relax your jaws.

Bring your shoulder blades slightly down.

Arms are loose and relaxed,
falling gracefully with a natural curve away from your body.

Fingers are loose, slightly apart.

Very gently pivot your pelvis inward, to open your low back.

Imagine your tailbone is pulled downwards,
while your head is suspended from above.

Sink down a little on loose knees.

50% weight distribution on each leg.

Feel your belly move with your breath.

Breathe from your nose.

Enjoy the groundness and calm that develops
when regularly standing in this posture !