

# Samasthiti (Tadasana) Tutorial

The way we hold ourselves communicates so much about who we are. Proper posture gives us the gift of standing in our power. With awareness, we can tread the earth confidently and with great reverence.

To stand up straight, be fully present, with a vibrant tone and openness in the body is to interact with creation, moment to moment.

This tutorial of “Same Standing Posture” or Samasthiti, also called Tadasana or “mountain pose”, is a tool for presenting yourself to yourself on a practice mat, and useful for the way you wish to present yourself to the world.

Enjoy learning this foundational posture:

[jaisugrim.com/kartra/samasthiti](https://jaisugrim.com/kartra/samasthiti)



**JAI SUGRIM METHOD**

