



## Love: Mountain Pose

Come to standing with your feet parallel (approximately hip-width distance apart). Begin to gently shift the weight in your feet until you find a point of balance. Imagine there are four corners in the bottom of your feet and press firmly into the floor or mat beneath you. Soften your tailbone toward the floor. Engage your thighs as you rotate them inward. This action lifts the kneecaps. Drop your shoulders away from your ears and down your back as you lift your head toward the sky. Open your palms at your side. Expand your chest by lifting your heart. Fill your lungs by inhaling and exhaling the love of God. Hold this posture for a minute or longer.