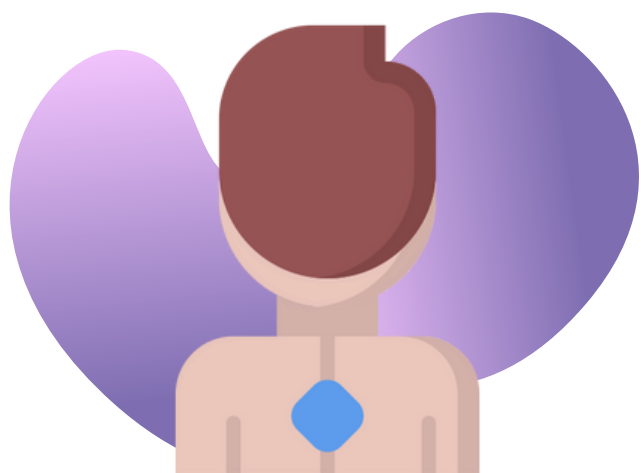


## POSTURE

# The mountain: the attentive body

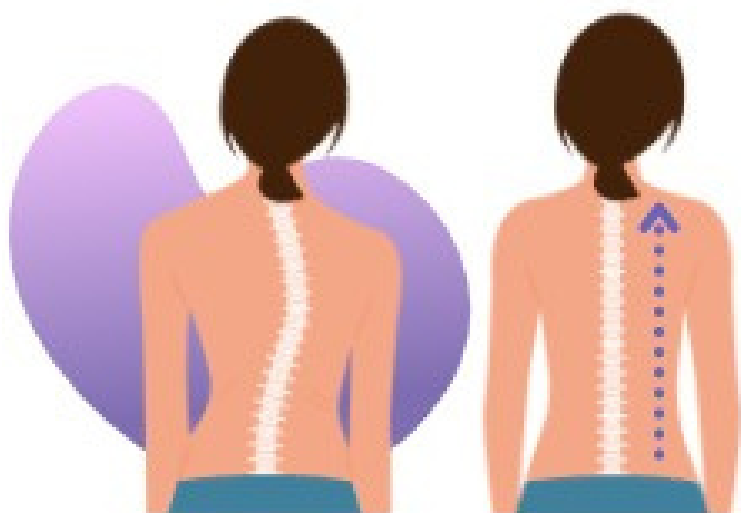


## Objective

Identify mindful body posture for mindfulness practice.

## 01 Basic posture

Find a space to sit, either on a mat with your legs crossed or in the Egyptian position, at the edge of a chair.



## 02 Align your body

Align your body, knees, hips, spine and crown of the head.

## 03 Stability

Perceive the stability of your body, like a mountain, and smile from your heart to your face.



## Reflection

In this position, we identify with the virtues of solidity, steady in our will to achieve in apparent stillness but bringing life in silence, like a serene mountain.

Don't forget that you have more theory about these activities, below, you can find the source behind them, in order to go deeper into the subject.