

# Evaluating Your Posture

Correct posture creates the foundation for Tadasana as described in Chapter 4. This alignment is appropriate for standing, walking, running, and even sitting. Use the guidelines in the evaluations below to help you analyze your current natural posture. Reevaluate your natural posture at the end of your yoga course or eight to ten weeks into your yoga practice.

A wall mirror will be needed for this evaluation. If a partner is available, he or she can help with the evaluation.

In yoga clothing and barefoot, stand in your natural posture in front of the mirror.

1. Face sideways and check the following details: draw an imaginary line at the middle of the ear, at the middle of the shoulder, at the center of the hip, just behind the kneecap, and in front of the ankle. The line should be straight and vertical.

Where does your posture deviate from the straight line?

\_\_\_\_\_ Initial Evaluation

\_\_\_\_\_ Final Evaluation

2. Observe the natural curves of the spine. There should be a mild inward curve at the cervical spine (behind the neck) and the lumbar spine (lower back). The thoracic spine should be slightly curved outward (see Figure 4-7 in Chapter 4).

Where does your spine deviate from these curvatures?

\_\_\_\_\_ Initial Evaluation

\_\_\_\_\_ Final Evaluation

3. Face forward and check the following details: Your shoulders, hips, and knees should be on the same plane. A horizontal line should be able to be drawn from one side to the other.

Where does your posture deviate from these points?

\_\_\_\_\_ Initial Evaluation

\_\_\_\_\_ Final Evaluation

## WORKSHEET 3 (Continued)

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4. Face forward and check if the kneecaps face forward.

What direction do your kneecaps face?

\_\_\_\_\_ Initial Evaluation      \_\_\_\_\_ Final Evaluation

5. The ankles should be directly above the feet, not rolling inward or outward.

What position do your ankles follow?

\_\_\_\_\_ Initial Evaluation      \_\_\_\_\_ Final Evaluation

6. Face forward and check that your head is balanced with the ears equal distance from the shoulders.

What deviations do you observe?

\_\_\_\_\_ Initial Evaluation      \_\_\_\_\_ Final Evaluation

After you have completed all six steps in the initial and final evaluations, summarize the results. Be attentive to any areas that need work by practicing Tadasana on a regular basis.