

# Tall Kneeling Checklist

## Knees

Do not have the knees too narrow, but rather straight under the hips or slightly wider. Also, if your arms are long, you may need to kneel on a small surface (step, board, etc.) to clear the ground with the KB. Use padding to cushion the knees if needed.

## Lower Legs

Your lower legs should be angled inward, but not crossing.

## Toes

To point or not to point...The toes, that is. The question will arise as to whether the toes should be tucked underneath (dorsiflexed ankle) or if the toes should be pointed straight back (plantar flexed ankle). The answer can take a couple of different directions. Initially, use whichever position is most comfortable for the knees. If pointing the toes makes your knees comfortable, then use that. If not, use the other position. As you progress, you will find that tucking the toes places more of a stretch on the anterior thigh, while the toes pointed places more of a stress on centering your weight on the knees and not pushing on the tops of the feet. Mix and match to suit you and your body, but under no circumstances should you use a posture if it causes pain.

## Pelvis Position

Imagine your pelvis as a bowl. You will want to position your pelvis so it is flat across the top to having the front slightly tilted back or upward. Most of us have an anterior tilted pelvis due to quad dominance and tight hip flexors, so actually getting the “bowl” flat across the top or the front tilted slightly back/upward will be a challenge.

## Tall Spine

Even though you are on your knees, you still want to be as tall as possible. Imagine someone is picking you up by a string in the center of your head, making you as tall as you can be. This does not mean you are stretched “thin or hollow.” You are tall like a strong building.

## Still Grounded

Even though you are as tall as possible, you will remain as grounded as possible. Your knees are connecting you to the ground, and it is a connection so solid that nothing could knock you over. Even the tallest building is strongly connected to the ground. Otherwise, a strong wind would blow it over.

## Neck

Look for a relaxed neck and face during all postures and turns.

## Check & Re-Check

Go through this list frequently during your practice and check and re-check your posture.

**As previously stated, this is a simple, but not easy posture,  
so take your time to perfect the positions within it.**