

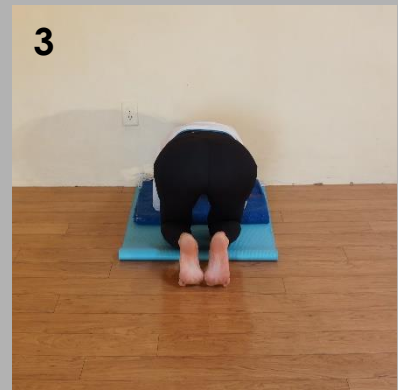
**POSE 19 Inversions**

**Salamba Sirsasana**  
*Head Balance*



Salamba Sirsasana is one of the most important yogic poses, as it builds stamina, brings rejuvenating supply of blood to the brain cells. It enhances clarity of thought, it increase concentration, and sharpens memory.

Head Balance alleviates insomnia, reduces heart palpitations, strengthens the lungs, and increases hemoglobin levels in the blood. It relieves symptoms of colds, and brings relief from digestive problems, particularly when practiced with the Shoulder Stand.



**Props**

- Sticky mat, and one yoga blanket.
- Fold the sticky mat in half, and place the two edges at the wall. Fold the yoga blanket folded into ¼, and place it onto the mat and next to the wall, just like in **photo 1**.

**Please refer to my website for information about all yoga props from Hugger Mugger™**  
[joann.yoga/yoga/yoga-props/](http://joann.yoga/yoga/yoga-props/)

**Foundation**

1. Clasp the hands together, cross the thumbs over one another. Elbows are placed beneath the armpits, just like in **photo 1**.

**Getting into the pose**

2. Release the neck from the shoulders and place the crown of the head on the blanket, just like in **photo 2**. In this positions establish a smooth rhythmic breath.
3. Tuck the toes under, just like in the **photo 3**. Extending the legs press the elbows and wrists down firmly. The triceps reach for the legs, just like in **photo 4**. The head dangles from the neck.
4. The hamstrings lift up the sit-bones (ischia) and the legs, just like in **photo 5**.
5. Align the outer heel point with the little toes, and dorsally flex the feet.
6. In the POSE (**main photo**), establish a smooth rhythm of breath, and hold the pose as long as you can maintain the smoothness of breathing.

**Release**

7. Maintaining weight in the elbows and wrists, lower the toes gently to the floor.

**Duration:** Keep the pose **as long as you can maintain a smooth rhythm of breath.**

**Extra focus:**

- When practiced consistently, alternate the clasp of the hands each time you do it.
- When proficient and comfortable in the pose, bring the little finger that is on the outside of the clasped hands to the inside. This creates a horizontal foundation in the hands.

**Avoid:**

- Using the spinal muscles throughout the pose.