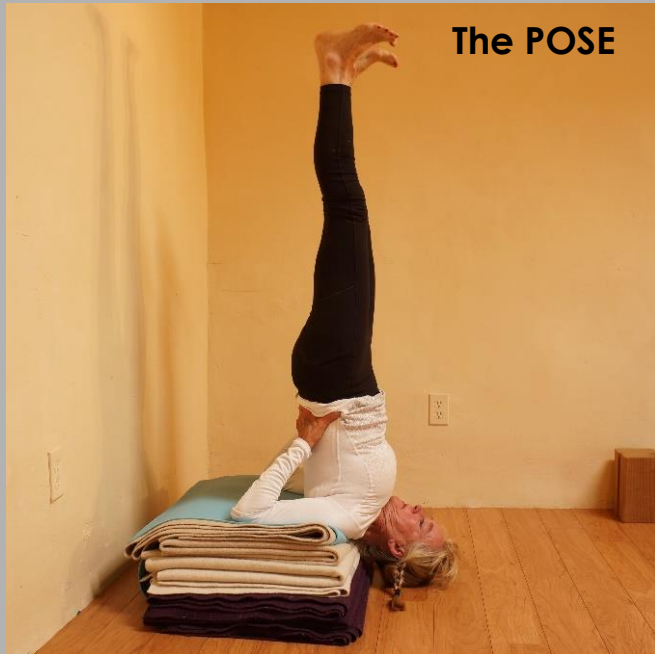


POSE 20 Inversions

Sarvangasana
Shoulder Stand



Sarvangasana is the mother of all poses. It integrates your mind with your body and soul, stimulating your brain, and making it light and radiant, allowing fresh healthy blood to circulate around your neck and chest.

Shoulder Stand is the panacea for most common ailments, such as: hypertension, insomnia, tense nerves, dysfunction of the thyroid, asthma, bronchitis and throat ailments, breathlessness, palpitations, colds, sinus blockages, bowel dysfunction, hemorrhoids, urinary disorders, hernia, prolapsed uterus, congestion in the ovaries and ovarian cysts, and menstrual cramps.



Props

- Sticky mat, seven yoga blankets, two blocks, and timer.
- On a smooth and flat surface, stack seven yoga blankets carefully. Stagger them 5 millimeters on the sticky mat, just like in **photo 1**.

Please refer to my website for information about all yoga props from Hugger Mugger™

joann.yoga/yoga/yoga-props/

Foundation

1. Place the torso on the blankets and the sit-bones (ischium) are on the wall. The seventh cervical vertebrae - C7 is 3 centimeters away from the top blanket. Rest, allowing the breath to come to a smooth rhythm, just like in **photo 2**.

Getting into the pose

2. Place the feet on the wall. With an exhalation move the hips up and position them in line with the knees, just like in **photo 3**.
3. Move the elbows inward toward one another. And extend the arms touching the wall with the fingertips. Allow the breath to come to a smooth rhythm, and align the pubic bone with the sternum, just like in **photo 4**.
4. Bending the elbows, place the hands on the back, just like in **photo 4**. Engaging the hamstrings and calf muscles extend the legs. Dorsally flex the feet.
5. Reestablish the use of the triceps, by moving the hands towards the head, releasing the neck even further.
6. In the POSE (**main photo**), allow the triceps to be the foundation, establish a smooth rhythm of breath, and hold for 3 to 10 minutes.

Release

7. First release option is to bend the knees place the feet on the wall. Touch the wall with the finger tips, and lower one vertebrae at a time, just like in **photos 5**.
8. Second release option is to bend the knees to the chest, keep the sit-bone (ischia) lifted, take your hands to the feet, extend the legs and lower one vertebrae at a time, just like in **photos 6 and 7**.
9. Slide out onto the floor, pressing the feet against the wall, just like in **photo 8**.

Duration: Keep the pose for **3 - 10 minutes**.

Extra focus:

- Maintain a rhythmic breath.
- Think about standing on the ceiling, fully extending your legs.
- Observe the breath in the abdominal cavity.

Avoid:

- Rushing
- Extending the legs before the pubic bone is aligned with the sternum.