

POSE 21 Inversions

Legs Up The Wall

The POSE



Legs Up The Wall bring awareness and relaxation to the spine. The pose is an alternative to Viparita Karani Pose 22 with block and Pose 23 with bolsters.

Legs Up The Wall restores the leg muscles and the abdominal organs.

**Props**

- Sticky mat folded at a length that allows the head to be on the floor, and timer.

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

joann.yoga/yoga/yoga-props/

Foundation

1. Resting the sit-bones (ischia) on the wall, rest the torso on the sticky mat. Allow the weight of the shoulders to release.

Getting into the pose

2. Maintaining the softness in the throat, place the center back of your heels on the wall.

3. With the center back heels-points on the wall, allow the sacrum to be held by the floor.
4. In the POSE (**main photo**), establish a smooth rhythm of breath, and hold for 3 to 12 minutes.

Release

5. Place the bottoms of your feet on the wall, bring the knees to the chest, and roll to the right side.

Duration: Hold the pose for **3 -12 minutes**.

Extra focus:

- Make sure that the neck is rested and shoulders are firmly on the floor.
- Use exhaling breath to release the spinal muscles.

Avoid:

- Tightness in the throat.
- Irregular breathing.