

## POSE 22 Inversions

Viparita Karani with block  
*Inverted Lake Posture*

## The POSE



Viparita Karani alleviates nervous exhaustion, boosts confidence, and reduces depression.

The Inverted Lake posture regulates blood pressure, helps to treat ear, eye, and migraine ailments. It relieves palpitations, breathlessness, asthma, bronchitis, and relieves indigestion, diarrhea and nausea. Helps treat kidney disorders and prevents varicose veins.

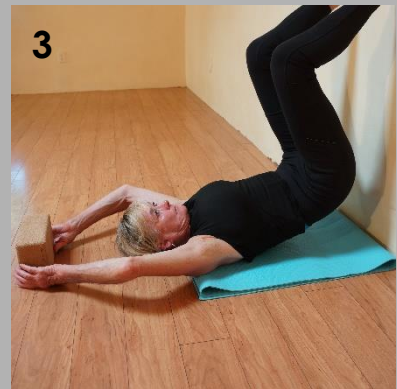
1



2



3



## Props

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

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. It's important for the sit-bones (ischia) to have close contact with the wall as much as possible. Resting the sit-bones (ischia) on the wall, the torso rests on the sticky mat. Allow the weight of the shoulders to release, just like in **photo 1**.

## Getting into the pose

2. Maintaining the softness in the throat, and place the feet on the wall. With an exhalation lift the hips up and place the sacrum on the block, just like in **photo 2**.

3. With the feet on the wall allow the sacrum to be held by the block. When the tailbone side of the sacrum releases onto the block, extend the legs and place the center of the back heel on the wall.
4. In the POSE (**main photo**), establish a smooth rhythm of breath, and hold for 3 to 12 minutes.

**Release**

5. Place the feet on the wall, lift the hips up. Remove the block and lower the spine to the floor carefully, just like in **photo 3**.
6. Bring the knees to the chest and roll to the right side.

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

**Extra focus:**

- Make sure that the neck is rested and shoulders are firmly on the floor.
- Release the shoulders to gravity.

**Avoid:**

- Tightness in the throat.
- Irregular breathing.
- Do not practice during the menstrual cycle.