

## POSE 23 Inversions

Viparita Karani with bolsters  
*Inverted Lake Pose*

The POSE

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

The Inverted Lake pose 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.



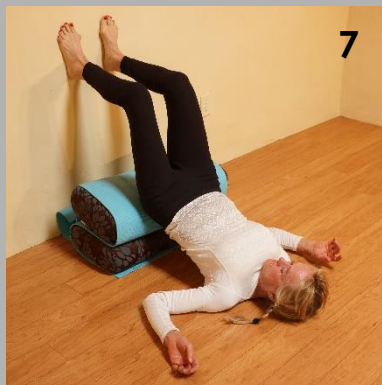
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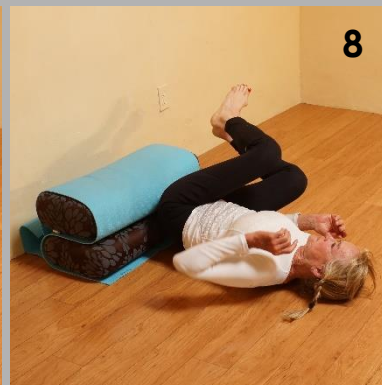
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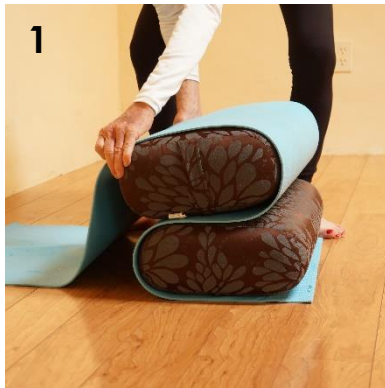
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## Props

- Sticky mat, two bolsters, two foam blocks, and timer.
- Arrange the props carefully and just like in **photos 1 through 3**.

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. Fingertips are placed at the edge of the bolster. Elbows brought to the ribs, place the crown of the head down onto the floor, just like in [photo 4](#).

### Getting into the pose

2. Bring the knees quickly to the chest and drop the sit-bones (ischia) to the wall, just like in [photo 5](#).
3. Resting the sit-bones (ischia) on the wall and the torso on the bolster, allow the weight of the shoulders to release. Maintaining the softness in the throat, place the feet on the wall, just like in the [main photo](#).
4. Rest on the center of the back heel on the wall. Arms are on the floor at 90 degrees, and the forearms parallel to the ears, just like in [photo 6](#).
5. In the POSE ([main photo](#)), establish a smooth rhythm of breath, and hold for 3 to 12 minutes.

### Release

6. Place the feet on the wall, lift the hips up, and slide the torso to the floor carefully, just like in [photo 7](#).
7. Bring the knees to the chest and roll to the right side, just like in [photo 8](#).

**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.