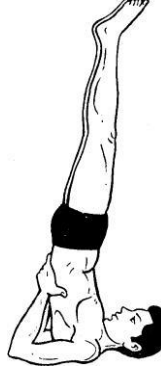


INVERTED ASANAS

Sarvangasana (Shoulder Stand Pose)



Technique: Lie on the back, hands straight by the side of thighs, palm resting on the ground.

Slowly raise your legs together without bending the knee by pressing your hands and stop at 90 angles, after few seconds.

Raise your hips away from the floor, now hold the hips with your hands firmly taking support on your elbows. Hold legs upright.

While returning to the original position, first of all bring your legs towards head and place the hands on the ground.

Divide your weight on hands. Slowly bring your buttock on the ground and lower the legs to the mat and rest in the shavasana

Remember

- ✓ Don't bend your legs at the knees. Raise slowly without jerking.
- ✓ Position the elbows close beside you to support the back.

Physical Benefits

- ✓ Promotes growth of muscle and bone tissues
- ✓ Balances and strengthens the nervous system
- ✓ Strengthens the spinal column
- ✓ Toning and strengthening for the arms and wrists
- ✓ Relieves tension in the neck and shoulder area
- ✓ Relieves muscle pain or swelling of the feet and legs
- ✓ Strengthens and balances thyroid function

Limitations:

- ✓ Those suffering from hypertension, cervical spondylitis and operative stage of hernia should not practice it.