

ADVANCED ASANAS

Vrischikasana (Scorpion Pose)



Technique: Place a folded blanket on the floor for the head. Assume the final position of sirshasana. Relax the whole body, bend the knees and arch the back.

After securing the balance, move the forearms carefully so that they lie on each side of the head, parallel with each other, palms flat on the floor. Transfer the weight onto the forearms and find the balance. Lower the feet as far as possible toward the head. Slowly raise the head backward and upward. Raise the upper arms so that they are vertical. The heels should rest on the crown of the head in the final position.

Try to relax the whole body as much as possible. Hold the final position for as long as is comfortable. Slowly return to sirshasana and lower the feet to the floor.

Relax in shashankasana for a minute or two before assuming the upright position.

Benefits

- ✓ Vrischikasana reorganizes prana in the body, arresting the physical ageing process.
- ✓ It improves the blood flow to the brain and pituitary gland, revitalizing all the body's systems.
- ✓ It improves circulation in the lower limbs and abdomen, and tones the reproductive organs.
- ✓ The arched position stretches and loosens the back, toning the nerves of the spine.
- ✓ It strengthens the arms and develops the sense of balance.

Limitation:

- ✓ This asana should not be practiced by people with high blood pressure, vertigo, cerebral thrombosis, cataract or heart disease.
- ✓ Only those who can perform all the inverted poses without the slightest difficulty should attempt it.
- ✓ All cautions for strenuous inverted postures should be observed.