

Asana

On the Skull

Kapala Asana

Starting Position: Tripod Pose.

Hands push towards the ground and legs lift upwards. A good control of the abdominal area is fundamental for stability.

Avoid stiffening of legs.

Eyes open and gaze focused.

During the learning phase, limit yourself to lifting the legs to the intermediate position.

To reinforce balance and physical structure, it is possible to execute repeated passages from Tripod Pose to *Kapala Asana*; when performing the pose for long time, it would be better to assume *Shirsha Asana*, which is less tiring and easy to hold for longer periods of time.

During the static phase, breath moves towards the navel.

Contraindications: strong blood pressure imbalances; breathing troubles; cardiac weaknesses; abscesses and inflammations in neck and head region; glaucoma; cataract; cervical arthrosis and herniated discs; aneurysms; weak wrists; overweight.

Benefits: intense and significant action on the nervous system and strong antidepressant effect; creates euphoria. It balances the upper three *Chakras* and improves memory and concentration capacity.

