

Asana

Shoulder Stand: Dynamic

Uttana Sarvangha Asana

Starting Position: supine.

Align your body before practicing the pose, particularly your head and neck; relax the cervical region. Raise both legs, until they are perpendicular to the torso, breathe fully three times and then with your hands on your hips, raise the body; keep a comfortable angle between torso and legs and become stable in the pose.



Once stable, execute one or more dynamic phases: scissor kick, pelvic rotation with the legs wide apart or knees towards one ear.



Coming out of the pose: feel the barycentre and come down slowly. Stay with your back on the floor and your legs at right angle for at least three complete breaths then relax for at least 1 minute in supine pose.

Contraindications: breathing troubles, blood pressure and heart troubles; abscesses and head related inflammations; glaucoma; cataract; cervical arthrosis and hernia; aneurysm.

Benefits: strengthens the body and prepares it to sustain the static phase of the position; same benefits of the static position.