

Asana

Shoulder Stand: Facilitated

Uttana Sarvanga Asana

Starting Position: supine. Before practicing the pose align your body, particularly your neck and head; relax the cervical region.

Bring both legs up, perpendicular to your body and breathe fully three times; then raise your body and support your pelvis with your hands; keep a comfortable angle between legs and torso and become stable in the pose. Your weight is distributed between neck, shoulders and upper back. Breathing is mainly abdominal, very light and regular. Gaze towards your navel, even if your eyes are kept closed.



It is a long lasting position. Gradually increase the time starting with a minimum of 5 minutes. During the final phase it is possible to continue the posture with both of your knees resting on your forehead.



To return to the starting position, feel the barycentre, bring your buttocks down and your legs vertical to the ground and take three breaths. Then relax completely in the supine pose (the duration of the integration phase should be adapted to the duration of the holding phase).

Contraindications: considerable blood pressure imbalance, breathing troubles, heart weakness, abscesses and any inflammations of the neck and head regions, glaucoma, cataracts, aneurysm. In this variation the pressure on the neck is less intense but it is still not recommended if you are suffering from cervical arthrosis and especially if you are affected by cervical hernia.

Benefits: intense and significant action on the nervous system; effective as antidepressant; can induce states of euphoria. Balances 3 upper Chakra, improves memory and concentration capacity.