

Asana

Shoulder Stand

Uttana Sarvangha Asana

Starting Position: supine.

Before starting, align your body, in particular your neck and head, and relax the cervical region.

Bring both legs up, perpendicular to your body and take three full breaths.



Raise your body, which is supported by your shoulders and neck. The pose is considered complete when your chin is in contact with a light pressure against your sternum.

Your hands can sustain your torso. Alternately your arms can be kept on the floor, or stretched up along the side of your torso.

Your breathing is mainly abdominal, remaining fluid and peaceful. Tension is reduced to a minimum.

It is a long lasting pose, starting at 3 minutes with the duration slowly increasing. Your gaze is directed towards your navel, even when your eyes are closed.

During the coming back phase, it is possible to add some repetitions of opening and closing the legs from the perpendicular position, holding the toes (Legs at Right Angle, Dynamic). At the end of the exercise, relax in Supine Position for at least 1 minute.



Contraindications: considerable blood pressure imbalances, breathing troubles, heart weakness, abscesses and any inflammations of the neck and head regions, glaucoma, cataracts, aneurysm, cervical arthrosis and cervical hernia.

Benefits: balances upper three Chakra, improves memory and concentration capacity; acts specifically on weight regulation; on a psychological level, improves capacity of interpreting symbols. Excellent for draining all sorts of stagnations, especially if located in the legs and the abdominal area; revitalizes the nervous system and is considered an anti-aging posture.