

Asana

# Headstand, Facilitated

*Shirsha Asana*

**Starting Position:** Thunderbolt Posture.

From the Thunderbolt Posture, bend forward with the head between the hands, which are strongly united with interlocked fingers. The grip of the hands and the position of the elbows are fundamental to the stability of the posture.



In this variation, instead of straightening the legs upwards, bring legs close to the abdomen and from here, after a period of stabilization, raise them upwards.

Fundamental to the movement are the abdominal action and the perception of the barycentre; avoid tightening the legs; feet are joined and muscular tensions are reduced to the minimum.

Balance corrections are achieved with small contractions of the hands; breath moves towards the navel region.

At the beginning, hold the pose for just a few seconds; extend duration with great care, by a few seconds at a time and only after verifying that there are no negative side effects on the head and neck region.

**Contraindications:** strong blood pressure imbalances; breathing troubles, cardiac weakness; abscess and inflammation in the neck and head area; glaucoma; cataract; cervical osteoarthritis and hernias; aneurysms.

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