

## Sarvangasana: shoulder stand

This pose brings about inner peace and tranquillity.

### Medical benefits:

This pose strengthens the spine. Problems such as arthritis of the lower back and dorsal region and shoulder joints, general backache and displaced spinal discs, can all be dealt with if this pose is part of your regular practice.

Perhaps one of the greatest benefits of this pose is that it helps to alleviate the problems that beset many of us each winter, such as: bronchitis, chest, chill, cold, cough and nasal catarrh. Learn this pose and stay away from antibiotics as much as possible. Asthma, tonsillitis, and (after medical treatment and rest) pleurisy and pneumonia, can also be brought under control with a practice that includes this pose.

Shoulder stand calms the brain like no other pose. For instance, this pose can be a wonderful tool for women going through menopause. Practice it along with Sirsasana to deal with memory loss, nervous debility and anxiety. It also helps to bring heart palpitations under control.

Other conditions that can be addressed by a balanced practice that contains Shoulderstand: Acidity, anaemia, appendicitis, low blood pressure, breathlessness, colic, colitis, constipation, diabetes, displacement of uterus, epilepsy, giddiness, (umbilical) hernia, (inguinal) hernia, impotency, indigestion, insomnia, kidney problems, swollen knees, lumbago, menstrual disorders, haemorrhoids, prostate problems, sciatica, duodenal ulcer and varicose veins.



1. Stack three blankets neatly, one on top of the other. Lay back over the blankets with your head on the floor and your shoulders two or three inches in from the (folded) edge. Bend your knees. Press your arms by your sides, palms facing down.



2. Roll your knees up over your chest.



3. Raise your hips. Support your back with your hands and place the tips of your toes on the floor above your head.



4. Clasp your hands behind your back and stretch your arms away from you. Come onto the tops of your shoulders.



5. Lift your spine. Hold for a few minutes at first.

### **PRACTICE NOTE:**



Beginners should begin with the feet supported on a chair. When the pelvis can be held in line with the shoulders, and the back becomes strong, the feet can be lowered.

1. Begin in Tadasana (Mountain Pose.) Stand with your feet together and stretch your legs up. Press down through your feet and lift and open your chest. Roll your shoulders back and down. Fully stretch your arms and extend out through your fingers.
2. Balancing on your left leg, bend your right leg up and place the sole against the top of the inside of your left thigh. Press your foot against your thigh to keep it stable. Tuck your tail bone in and move your right knee back.
3. Fold your palms together.
4. With an inhalation, stretch your arms up. Breathe evenly balance for 20-30 seconds. Repeat on the other side.