

Practical 22



Inverted Asanas

Inverted asanas reverse the action of gravity on the body. It relaxes internal organs (lungs, heart and digestive organs) and generally encourage correct respiration.

Aim

To perform the Sarvangasana.

After completion of this practical, you will be able to perform and demonstrate this practice in appropriate format.

Requirements

- Yoga mat – 1 (folded blanket or mat should be thick enough)
- Flat cushion (1-2 ft length and thickness 10-15 cm) – 1

Preparation of Yoga classroom

- The room should be clean and well ventilated.
- Make sure that there is no furniture near the practice area.

Preparation of practitioner

- Wear comfortable loose, light cotton clothes (Not too tight)
- Remove accessories like spectacles, wrist watches, belt etc before practice.

Sarvangasana (Shoulder Stand Pose)

Starting Position

Lie on the back on a folded blanket and hands beside the body palm facing downward.

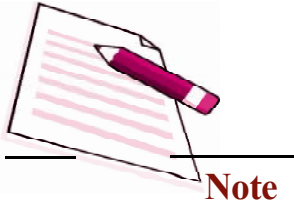
Method

- Take a deep breath in, contract the abdominal muscles and with the support of the arms slowly raise the legs to the vertical position. Try to keep them straight (You can push the ground with the hand).
- Slowly and smoothly roll the buttock and spine off the floor raising the trunk to a vertical position



Note





Note



Fig. 22.1: Sarvangasana

- Turn the palms of the hand upward, bend the elbows and place the hands behind the rib cage to support the back.
- Gently push the chest forward and try to touch the chest with the chin.
- In the final position, try to maintain the legs together vertically in a straight line with the trunk. The arms hold the weight and provide stability and feet are relaxed.
- Close the eyes and hold the position as long as comfortable at the normal breathe (don't strain)
- Return to the starting position bring the legs forward until the feet are above and behind the back of the head.
- Slowly while exhaling release the position of the hands, lower each vertebrae of the spine to the floor followed by the buttock and place the feet on the floor.
- Perform it only once and try to increase the holding time by the practice.



Contraindications

- Cervical spondylitis and slip disc
- Hypertension or any other heart problem
- Weak eye muscles
- Enlarged thyroid, liver and spleen
- During menstrual cycle

Benefits

- It tranquilizes the mind, relieves mental and emotional stress and optimizes the function of thyroid and parathyroid gland.
- It is useful in the treatment of asthma, diabetes, thyroid disorder, menopause.

Effects and Observations

- Perform this practice as mentioned above daily for 8 weeks and observe the effects

Physical Effects	W1	W2	W3	W4	W5	W6	W7	W8
Back muscles stretch/ compress								
Abdominal muscles compress/ stretch								
Fat reduction Body relaxation								
Effects on mental state								

- ✓ or × under physical effect and submit the record.

Observation

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