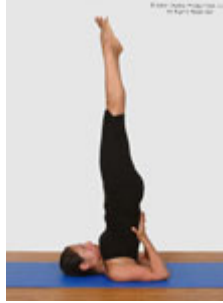


# Pose of the Week 12-20-08

## Shoulderstand



### Salamba Sarvangasana

(sah-LOM-bah sar-van-GAHS-anna)

*salamba* = with support (sa = with

*alamba* = support)

*sarva* = all

*anga* = limb.

Shoulderstand is a complete inversion – where the legs, hips and heart are elevated over the head. Inversions give us a shift in perspective, get us “off our feet” to reverse the effects of gravity which pools fluids in our extremities, for a little while. Inversions are very rejuvenating to the body and relaxing to the mind. They calm our nervous system and stimulate our circulatory system. Be very careful in shoulderstand to take care of your neck. You should be on your shoulders, not neck, and never turn the head to either side. Try to open the heart and chest, relax and breathe. As you become comfortable in shoulderstand, try to work the elbows and forearms parallel to each other. There is mixed advice about whether inversions should be practiced during a women’s period. If shoulderstand is not comfortable for you, for any reason, you are welcome to substitute a bridge pose at any time.

- Relaxes the nervous system
- Stimulates circulation
- Releases tension, compression, stress
- Stimulates the thyroid

**Primary Muscles** –Rhomboids, Trapezius, Neck

**Tips** –

- Go slowly and carefully
- Take care of your neck
- Lift and open the heart and chest
- Work the arms parallel
- Come out as carefully as you enter

*/ shift my perspective to see new ideas.*



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