

Legs-Up-the-Wall pose

Viparita Karani

10.



Support lower part of the body when lifting the legs. You may simply lift legs leaving hips on the ground. Keep legs bended if it feels better.

Inverted pose

In a beautiful place

lie down on your back, raise your legs up and hold lower part of the body with hands. Remain like this for a long time. By doing this exercise you will reverse the flow of time. You will get younger, all wrinkles will disappear. By this asana yogis switch energy and consciousness. Endless blessings are inherited by this pose. Do not overdo it. Slowly increase duration, eat well and avoid bad company. Yogi practicing this pose holds time in own arms. If you move your legs further away from the head, so they are hold by arms only, you will become a master of the sexual energy. Brahmacharya can be reached only when this energy is under control.