

Shoulder stand



Sarvangasana

13.



Support the lifted body on shoulders and elbows, use palms to support the back. Less stress should be on neck as it should be as free as possible. Legs can be stretched or slightly bent and apart. Your body does not need to be absolutely vertical. Breathe.

Lie on your back. Raise your legs and body up. Let them be straight forming one vertical line. Let the chin bear against your breast. Rest your arms along your sides, or you can use them to support your body, or leave them resting on the ground. This pose is similar to Sirsasana (headstand). If you master this pose, you will become the lord of upper centers of your body.