

Half royal pose



Ardha Sirsasana

11.



Embrace head with your hands, interlock the fingers. Most of the effort will be directed towards hands. Lift your pelvis, strengthen the legs. When tired, lower knees. Follow how your head is feeling.

Place your head on the floor.

Put your arms round it. Stay on the knees. Then straighten your legs in such a way, that you take stand on your feet, and the body is bent in an angle. Remain in this position and you will inherit sharp mind, excellent vision and knowledge of the finest energies. This asana by its effect can be compared with headstand or the royal pose, that is why it is called half royal pose – Ardha Sirsasana.