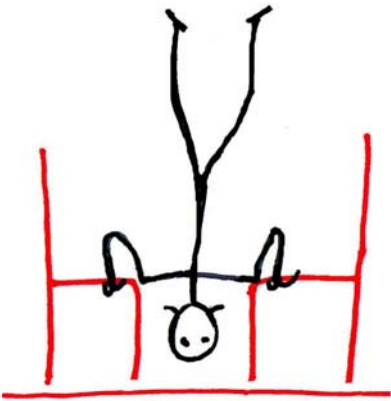
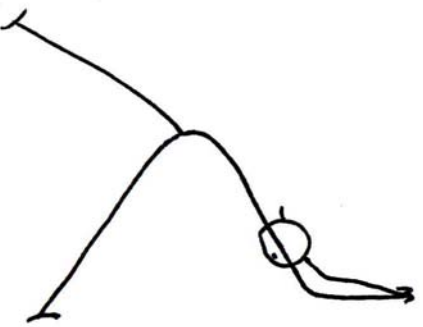
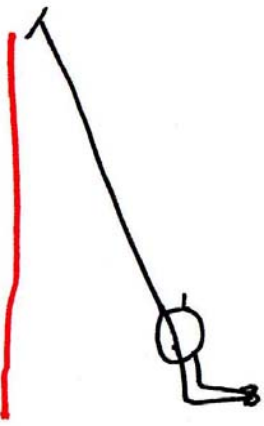
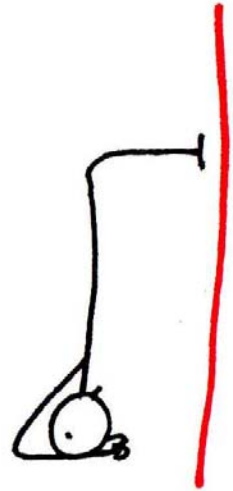


Options for Sirsasana

Salamba Sirsasana (Supported Headstand)

 <p>A stick figure is shown upside down, supported by two chairs. The figure's hands are on the top edges of the chairs, and its knees are on the seats. The head is hanging freely between the two chairs.</p>	<ul style="list-style-type: none"> • Come into a forward bend in front of chairs • Slide neck in between chair seats so head hangs below seats • Place hands on edge of seats with fingers wrapping under seats • Place one knee at a time on edge of seat • Press hips into wall • Lift legs up to rest on wall letting head hang freely • Stay as long as you feel comfortable and reverse process to come down • Hold in forward bend for a few breaths 	 <p>A stick figure is shown in a downward dog position, with its head touching the floor and its hands on the floor. The figure is leaning forward, with its back to the floor.</p>	<ul style="list-style-type: none"> • From hands and knees, clasp hands together and keep elbows shoulder's width apart. • Press forearms down as you lift knees off floor and press thighs back. • Hold 1 minute • Can also try to lift single leg behind to increase strength • Release and rest in Childs Pose.
 <p>A stick figure is shown in a downward dog position, with its head touching a vertical red line representing a wall. The figure is leaning forward, with its back to the wall.</p>	<ul style="list-style-type: none"> • Crouch on hands and knees with feet touching wall • Bring elbows in front of knees and clasp hands together keeping elbows shoulder's width apart • Press forearms into floor as you come up into a very shortened Down Dog • Lift one leg up wall at a time with toes turned under • KEEP HEAD OFF FLOOR! • Walk down wall to come out and rest in Childs Pose 	 <p>A stick figure is shown in a supported headstand position, with its head touching a vertical red line representing a wall. The figure is leaning forward, with its back to the wall.</p>	<ul style="list-style-type: none"> • Facing wall, clasp hands together and press forearms into floor with elbows shoulder's width apart • Lift hips off floor into Dolphin and begin to walk feet in towards elbows • Lift one leg at a time to wall and bend knees placing feet flat on wall • KEEP HEAD OFF FLOOR! • Lift through knees and use abdominals • Release to Childs Pose