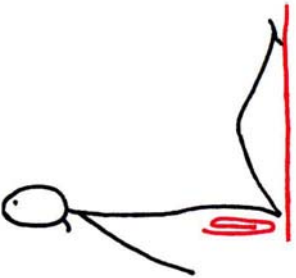
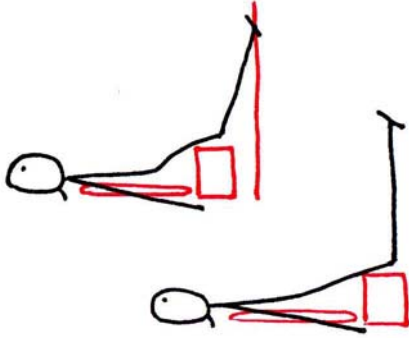
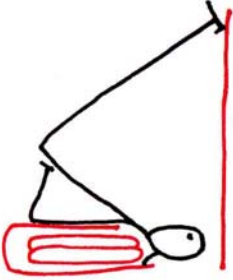
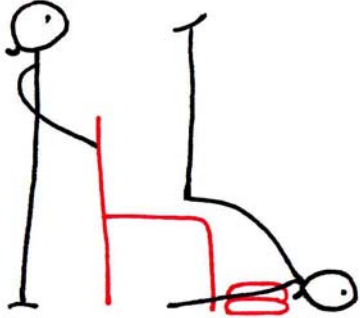
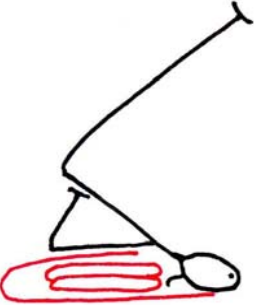
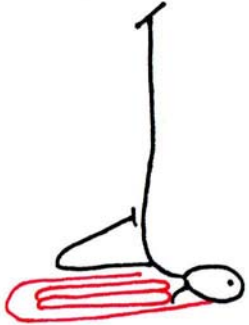


# Options for Shoulderstand

Six options for Salamba Sarvangasana

 <p><b>Viparita Karani</b> (Legs up the Wall)</p>	<ul style="list-style-type: none"> <li>• Gentle inversion which is preferred for menstruating women or anyone with neck/shoulder problems or those needing a bit of rest.</li> <li>• Sit beside wall and swing legs up as you lie on back</li> <li>• Rest pelvis either flat on floor or with long-fold blanket in curve of lower back.</li> <li>• Rest for up to <b>5 minutes</b></li> </ul>	 <p><b>Block Salamba Sarvangasana</b> (Block Shoulderstand)</p>	<ul style="list-style-type: none"> <li>• Lie with shoulders on standard-fold blanket, head on floor</li> <li>• Lift hips onto highest height of block that is comfortable</li> <li>• Press arms into floor as extend legs upward.</li> <li>• Either rest feet against wall, or hold legs upright for up to <b>5 minutes</b>.</li> </ul>
 <p><b>Wall Salamba Sarvangasana</b> (Wall Shoulderstand)</p>	<ul style="list-style-type: none"> <li>• Set up 1-2 standard-fold blankets at end of mat, 1½ feet away from wall. Fold other end of mat over blankets</li> <li>• Lie with shoulders on blankets, head on floor</li> <li>• Bring knees into chest and lift feet up wall drawing elbows in to shoulder width, hands rest on lower back</li> <li>• Keep body at right-angle for <b>10-20 breaths</b>.</li> </ul>	 <p><b>Chair Salamba Sarvangasana</b> (Chair Shoulderstand)</p>	<p><b>PARTNER POSE:</b></p> <ul style="list-style-type: none"> <li>• Take chair off mat and place 2 long-fold blankets in front</li> <li>• Sit backwards in chair with legs over arm rests, partner holds chair steady</li> <li>• Gently lie back <b>HOLDING ONTO CHAIR</b> until your shoulders are on blankets, head on floor</li> <li>• Lift feet upright and extend thru legs while pressing arms into floor <b>10-20 breaths</b>.</li> </ul>
 <p><b>Right-Angle Salamba Sarvangasana</b> (Right-Angle Shoulderstand)</p>	<ul style="list-style-type: none"> <li>• Set up 1-2 standard-fold blankets at end of mat. Fold other end of mat over blankets</li> <li>• Lie with shoulders on blankets, head on floor</li> <li>• Bring knees into chest and press arms to sides as you lift feet over head</li> <li>• Draw elbows in to shoulder width, hands rest on lower back</li> <li>• Keep body at right-angle for <b>10-20 breaths</b>.</li> </ul>	 <p><b>Full Salamba Sarvangasana</b> (Full Shoulderstand)</p>	<ul style="list-style-type: none"> <li>• Set up 1-2 standard-fold blankets at end of mat. Fold other end of mat over blankets</li> <li>• Lie with shoulders on blankets, head on floor</li> <li>• Bring knees into chest and press arms to sides as you lift feet over head</li> <li>• Draw elbows in to shoulder width, hands rest on lower back</li> <li>• Work hands down back as you bring body into straighter position - hold <b>10-20 breaths</b>.</li> </ul>