

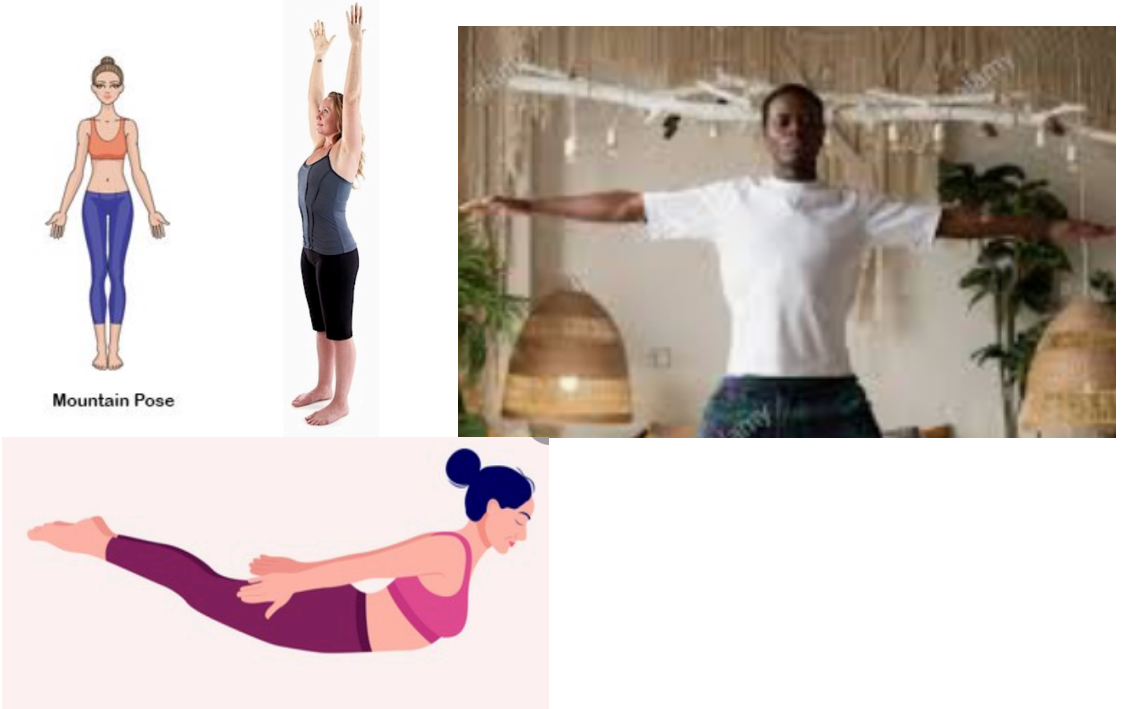
Let's Practice Salamba Sarvangasana/Preparing for Shoulder Stand





Benefits of Salamba Sarvangasana/Shoulder Stand






- Circulation improved
- Strengthening Core
- Opening upper back and throat
- Improves digestion
- Stimulates and cleans the lymphatic system to maintain fluid balance
- Calming with feet above heart
- More Oxygen to the brain







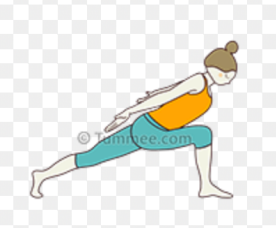


NOTES:


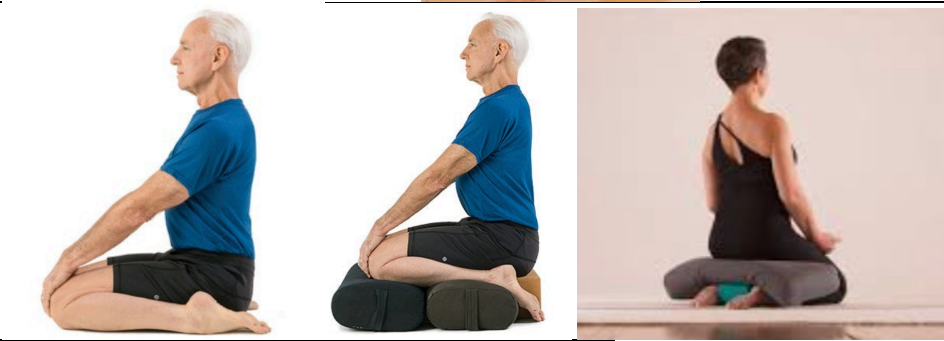
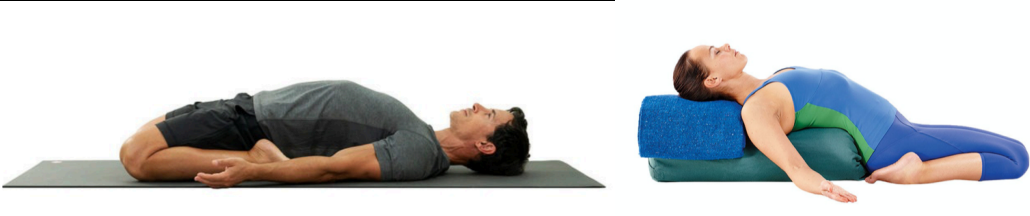
- Links to anatomy, chakras, and should stand instruction are listed at the bottom of this document
- Shoulder Stand Alternative poses are posted under Resources on the Corbetyyoga.com website.
- Props: 2 Blocks, Bolster, Blankets, Chair, Wall Space


<p>Standing</p>	<p>Mountain Pose/Tadasana</p> <ul style="list-style-type: none"> • Arms by your side – Breathe, Focus, Align, Ground and Center • Arms Up w/ palms facing one another and then sweeping down on the exhale with alternating chin lift and lowering • Arms out with head turning to alternating sides on the exhale. • Arms behind palms facing on another (Locust/Shalabhasana arms) and chin lift and alternate release with chin lowering. NOTE: Look at the arms in locust to understand positioning. 	
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	<p>Face, Throat and Shoulders opening and releasing</p>	
	<p>Warrior II and then Side Angle</p>	
	<p>Trikonasana or Triangle Pose with blocks</p> <p>First with arm up. Then transition upper arm folded on back Then turn your gaze to the floor (not shown here)</p>	
	<p>Forward Bend to chair seat</p>	

	<p>ROUND ONE: One leg in chair seat facing forward and second round with standing legs foot rotated out to about 45 degrees and with gaze to the side. Balance between Hips and then raise arms overhead</p>			
	<p>Forward Bend to Chair Seat or Back depending on your confirmation and flexibility</p>			
	<p>ROUND TWO: One leg in chair seat facing forward and second round with standing legs foot rotated out to about 45 degrees and with gaze to the side. Balance between Hips and then raise arms overhead <i>NOTE: Unfortunately, these photos do NOT show side orientation.</i></p>			
	<p>Forward bend to chair LEGS <i>NOTE: This photo does not illustrate reaching to the chair legs so extend the arms downward reaching to the legs of the chair and let the head release toward the floor.</i></p>			
	<p>Parsvotthanasana to blocks or chair seat with gaze to floor and then releasing crown of head toward the floor (opening and lengthening the throat and back of the cervical vertebra)</p>			

	<p>Downward Facing Dog, hands on blocks Adho Mukha Svanasana</p>	 <p>Downward Dog</p>			
	<p>High Lunge hands on blocks</p>				
	<p>Low Lunge with arms back as in Locust Then lower knee into LOW Lunge. Balance in hips and lengthen and strengthen thigh of back leg. Raise arms and move into a gentle backward bend with heart lifted and throat open.</p>				
	<p>Forward Bend</p>	 <p>Forward Fold</p>			

<p>Ustrasana or Camel Pose with hands to chair seat or blocks. Use a blanket under your knees as needed</p> <p>Hold</p> <p>Do NOT “Hang” your head back</p> <p>Lift your heart; Reach through your thighs and strengthen adductors</p> <p>NOTE: Review anatomy links to Anatomy - cervical spine and occipital bone etc.</p>	
<p>Virasana or Hero Pose seated on a block to rest with other props as needed</p>	
<p>Supta Virasana with head resting in hands behind your head and elbows released out</p> <p>NOTE: Hands laced behind head not shown in photos.</p>	

	<p>Seated Forward Bend Ardha Paschimottanasana</p> <p>Forward Bend to Chair Seat alternative continue resting and releasing forward</p>	
	<p>Salamba Sarvangasana Shoulder Stand Pose</p> <p>NOTE: Review links for prop instruction.</p> <p>or Alternatives (see images below)</p>	

	<p>Legs on the wall with strap and bolster</p>		
	<p>Bridge Pose supported with blocks</p>		
	<p>Legs resting in chair seat</p>		
	<p>Corpse/Resting pose Sivasana</p>		

YOGA POSES

Salamba Sarvangasana: Supported Shoulder Stand

<https://featheredpipe.com/feathered-pipe-blog/salamba-sarvangasana-marla-apt/>

The physics and power of balancing poses

<https://www.yogajournal.com/lifestyle/plumb-perfect/>

CHAKRAS/ENERGETIC SYSTEM

Throat Chakra

<https://www.arhantayoga.org/blog/vishuddha-chakra-balance-how-to-balance-your-throat-chakra/>

ANATOMY

Spinal Anatomy

<https://www.kennethnwosumd.com/blog/cervical-spine-deformity>

Anatomy of Larynx and Sternal Region

<https://www.alamy.com/anatomy-of-the-larynx-throat-and-sternal-region-image7712837.html>

Manubrium

<https://magzlifestyle.com/what-is-manubrium-what-you-should-know/>

Occipital Bone

https://en.wikipedia.org/wiki/Occipital_bone