

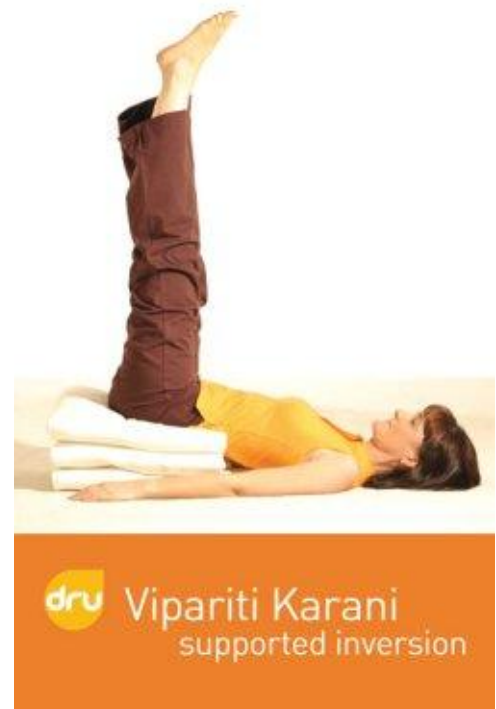
Living Yoga with Stella

Yoga and Relaxation and 1-2-1s in Southampton, Eastleigh & district

Supported shoulder stand

BENEFITS: This is a calming posture which helps to lower blood pressure. The downward pressure of gravity is taken off the organs allowing the organs and muscles time to relax, it also helps gently increase the blood supply to the brain, and therefore nourishing the cells with fresh oxygen and nutrients. It's deeply relaxing and restorative - ideal to help you release and let go of the day before you go to bed.

1. Place some folded blankets, a folded duvet, or cushions on top of a base blanket.
2. Sit onto the pile of blankets. Reach one hand back to balance your weight as you lie down onto your back, with your hips supported by the blankets. Your head should be on the floor, and the shoulders on the base blanket.
3. Engage your core stability muscles (abdomen and pelvic floor) and begin to raise your legs till they are vertical with your arms resting comfortably by your sides.
4. Now simply relax for as long as you feel comfortable. Allow tension, tightness and tiredness to drain away as you rest on the ground.
(You may need to bring the knees to the chest to give your legs a break if they get tired.)
5. To come out of the posture, place your feet on the floor and roll to one side. Pause for a minute to balance the blood pressure before you push yourself up into seated.
6. Sit quietly for a few minutes and absorb the incredible benefits of this posture.



Legs up the Wall

A simplified version of this is to practise this with your legs up against a wall with your arms by your side, stretched out to either side or above your head (as pictured).



Image above courtesy of the International School of Dru Yoga via <http://druonline.wordpress.com/2012/08/29/september-2012-vipariti-karani/>

The information in this guide is not intended to be taken as a replacement for medical advice. The exercises are safe provided the instructions are followed carefully. However the author does not accept any responsibility in connection with the use of the information in individual cases. Any practice of yoga or any other suggestions contained in this guide are done at the reader's sole discretion and risk. If you have any doubts about the suitability of the exercises please consult a doctor.