

How to:



Viparita Karani Legs Up the Wall

Adjustments and variations, prep and follow-up poses, advancements

Relevant Anatomy: Internal and external benefits / risks

Other Benefits to Class: spiritual, chakras, sequence development...

SHORT SCRIPT:

- Place your right hip close to the wall, and gently roll onto your back, bring your legs up onto the wall.
- Set your spine, head and neck flat on the floor in a straight line. Gently bend your knees – don't lock them out.
- This pose is all about finding comfort, so feel free to push your hips slightly away from the wall, bend your knees and place the feet flat on the floor, or set a folded blanket or pillow under your hips and neck. Try to relax here for 5 – 10 minutes.

MY EXTENDED SCRIPT (what I like to talk about in this pose)