



## **Supported shoulder stand** *Salamba sarvangasana*

**Type of pose – inverted**

**In Salamba sarvangasana make sure that you keep the following in mind.**

1. You use enough foam blocks and/or folded blankets to prevent pressure on the back of your neck.
2. You don't move your head while you are in the pose.
3. Your weight is even on your upper arms.
4. You keep your elbows well in, in line with your shoulders.
5. You press your hands firmly into your back near your shoulder blades to lift your spine.
6. You stretch your legs, and particularly your inner legs, upwards strongly from the groin to the toes.
7. Your eyes, ears, forehead and throat remain relaxed.

**This pose is contraindicated for:** high or low blood pressure; heart disease; recent surgery; eye, ear or neck problems; hiatus hernia, or type II diabetes. During pregnancy or menstruation, do the modification your tutor advises. If you normally wear glasses or hard contact lenses, remove them.

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