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SARVANGASANA AKA SHOULDER STAND



[Source](#)

Sarvangasana is one of the best and most important asana in Hatha Yoga. It has a huge amount of benefits that cover all the body systems.

SAR-VANG-ASANA means-

Sarva - Whole

Anga - Body parts

Asana – Yoga Posture

How to Do

Take a deep breath and exhale the whole.

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- While inhaling, contract the abdomen and slowly raise both the legs to a 90-degree angle from the floor.
- One more round of breath and then inhale.
- With the upper arms on the ground to support your transition, hands supporting your lower body raise the waist and the hips from the floor and sweep the legs back over the head.
- Inhale and raise the back and legs up into a vertical position, continue hands on the upper back for support.
- The chin should rest against the chest, creating chin lock. Fix the eyesight on the toes keep breathing.
- You can try on getting the legs, waist, and the back in one straight line perpendicular with the ground. The arms up to the elbows are placed on the floor, shoulder-width apart.
- The body from the feet to the shoulders is in a straight line. The chest is pushed forward and the chin is placed in the throat pit / jugular notch forming a tie which is called '**Jalandhar Bandha**'.
- The pressure is on the neck, shoulders, and back of the head. Hands are placed on the back ribs, the legs are straight and the feet are relaxed.

Releasing From the Sarvangasana

- Be extra careful here also to avoid any jerk in the neck region.
- Inhale and while exhaling bend in the waist and lower the legs over the head, release the hands from the upper back and place on the ground (see pic.).

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- Inhaling slowly lower the back to the floor, maintaining the legs once again at a 90-degree angle from the floor. Here lower the back very slowly, vertebrae by vertebrae.
- Exhaling slowly lower both legs back to the supine position.
- Maintain your focus on the neck, shoulders, and abdomen.

Precautions

- Keep the legs straight in knees with toes pointing to the sky.
- Try to stretch the body in a straight line from the chest to the tips of the toes.
- Eyesight fixed on the toes.
- Make sure that the trunk is raised enough vertically so that the chin can comfortably rest against the chest.
- Avoid bends in the knees and moving the neck or overstrain it in the chin lock position.
- Never ever try to raise the head from the floor.
- Don't tense the legs as this contracts the legs and prevents drainage of blood.

Benefits of Doing Sarvangasana

- The Jalandhar Bandha in [Sarvangasana](#) improves the function of the **thyroid, parathyroid, and pituitary glands** due to the increased oxygen and blood. All of the other endocrine glands are regulated by the pituitary gland and so the overall function of the endocrine system is improved. This results in the improved functioning of all other systems of the body and the reduction of emotional and mental stress.
- Stagnant blood from the lower regions of the body, i.e. legs and abdomen is drained to the heart thereby improving the supply of fresh blood to these parts and the whole circulatory system. Blood supply to the head area i.e. brain, eyes, ears, nose, and **throat** is improved thereby improving their functioning. Therefore improving all of the pelvic and abdominal area circulations as well as ear, throat, and nose.

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- The lung capacity is increased as the diaphragm has to work against gravity. This further helps in the abdominal respiration and is therefore helpful in the treatment of asthma. Toxins in the respiratory system are drained thereby improving the respiratory system.
 - Also helpful in the cure of varicose veins. Hence detoxify of the whole body due to improved efficiency of the lungs and circulatory system that is why the name **Sarvangasana**-> **one yoga pose for the entire body!**
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