

LYP: VIPRITA KARNI AKA LEG UP THE WALL POSE



How to do Legs Up the Wall Pose (Viparita Karani) :

Sit next to the wall with your hip touching the wall and knees bent.

Start to lean onto your hands or forearms, as you swing your legs up the wall. If your hamstrings are more flexible, you may be able to place your legs comfortably up the wall with your butt touching the wall. If you are tighter in your hamstrings, you will be further away from the wall. Find a position for you that's comfortable, so you can stay there for 5-10 minutes.

Keep your legs relaxed, so you don't feel like you're holding them up.

Let your arms release in a way that feels good for you – arms extended by your sides, hands on your belly, or above your head if it feels okay on your shoulders and neck.

Lengthen your neck out, and relax your face. Close your eyes. Relax your jaw. Let your tongue hang heavy in your mouth.

Breathe!

Stay here for 5 minutes, and over time, build up to 10+ minutes at a time.

Come slowly out of the pose. It's quite a restorative pose, so take your time easing out of it.

It's okay to be gentle with yourself, and move slowly, especially in our fast paced life.

Benefits of Legs Up the Wall Pose:

Regulates blood flow

Alleviates menstrual cramps

Relieves swollen ankles and varicose veins

Helps testicular, semen, and ovarian problems in men and women respectively

Improves digestion

Restores tired feet or legs

Stretches the back of the neck, front torso, and back of the legs

Improves problems of the eyes and ears

Relieves mild backache

Provides migraine and headache relief, especially when done with a bandage wrapped tightly around the forehead and back of the skull

Helps keep you young and vital

Calms anxiety

Relieves symptoms of mild depression and insomnia.