

Inversion Series: Rejuvenation

Bringing your head below your hear

Headstand-Sirsasana

Alignment:

- loose fingers
- press shoulders into back and draw into tailbone
- keep weight even between forearms
- lift tailbone into heels
- straighten legs through heels and press up through big toes



Shoulder Stand-Sarvangasana

Alignment:

- press shoulders into mat
- walk elbows towards each other
- hands can support lower back
- lift body up and away from shoulders and neck
- lift into heels

Assists:

- note to avoid neck is not pressing into mat
- rotate feet so that balls of big toes touch



Plow-Halasanana

Alignment:

- press shoulders into each other
- press quadriceps into ceiling

Assists:

- check to make sure big toes and heels are separate
- face towards ceiling



Reverse Tabletop-Purvottanasana

Alignment:

- palms flat
- straight arms

