



Learn the Headstand - Shirshasana

In this video, you will learn the headstand, also known as Shirshasana.

Grab hold of your opposite elbows and rest your forearms on the mat.

Form a triangle by interlocking your fingers. The distance between the elbows should not be wider than the breadth of your shoulders.

Place the crown of the head on the mat. The back of the head should rest against the cup formed by the hands

Inhale as you raise your knees and walk your feet towards your head.

Your torso should be perpendicular to the floor and your waist, back and head should be aligned.

Slowly and carefully, bend your knees and exhale as you lift your legs from the ground, raising your thighs in line with your trunk.

Inhale as you hold your balance to make sure you don't fall backwards and exhale as you straighten your knees so your body is vertically aligned from head to toe.

Tighten your abdomen, buttocks and thigh muscles.

Breathe slowly and naturally in this position for about thirty seconds or as long as you can without feeling strain or unease.

To come out of the pose, slowly bend your knees, bring your thighs forward towards the ground and land gently on your feet.

Stay for a few seconds with the legs on the ground and the head on the floor.

Relax in child's pose for a couple of minutes to recirculate your blood.

Make use of a folded towel for added cushioning.

Use a wall or ask a friend to support your legs until you learn to control your balance independently.

This pose rejuvenates and calms your mind by delivering fresh and oxygenated blood to your brain.

It alleviates insomnia, improves digestion and helps build balance and stamina.

You have now learnt Shirshasana, the Headstand.

<https://www.sikana.tv/en/sport/yoga/shirshasana>