

LEGS WIDE POSE (HEADSTAND POSITION)

- Begin in Legs Wide Pose (concave Back), take hands down to the ground.
- Establish a solid foundation through the feet, evenly distributing the weight front, back and sides.
- Lower the head and body toward the floor with the intention of the head coming to rest on the floor.
- As the head is lowered establish a lengthening through the crown of the head, folding at the hips. The crown forms a natural straight line with the tailbone.
- Gently move the hands back in line with the heels of the feet. Evenly weighting the body through the entire base of the feet.
- If the hands reach the floor, draw the elbows toward one another creating a broadening across the shoulders.

Benefits

- Improves balance.
- Proprioception.
- Creates stability in the mind.
- Strengthens leg muscles.
- Opens chest.
- Lengthens hamstrings, calves.
- Stimulation of the circulatory, nervous, endocrine systems due to inversion.

Beginners Advice

- Work toward the pose, breathing and maintaining a constant awareness of the spinal alignment.

Challenge

- Holding the pose for more breathes. Investigate what the challenge of holding this posture creates in the mind or body.
- Repeat the posture a few times challenging the link between body and mind. Where does the mind go to?
- Deepen the pose by moving deeper into the legs whilst maintaining the correct posture.
- Deepen the breathes whilst holding the pose.
- Shorten the distance between the feet.

Adjustments / What to look for

- Rounding into the upper back and concaving the chest to have head on the ground. It is important to maintain the length of the spine and not compromise the spine in order to get the head onto the floor. If the hamstrings are restricted, hold the pose where the spine is in correct alignment.

