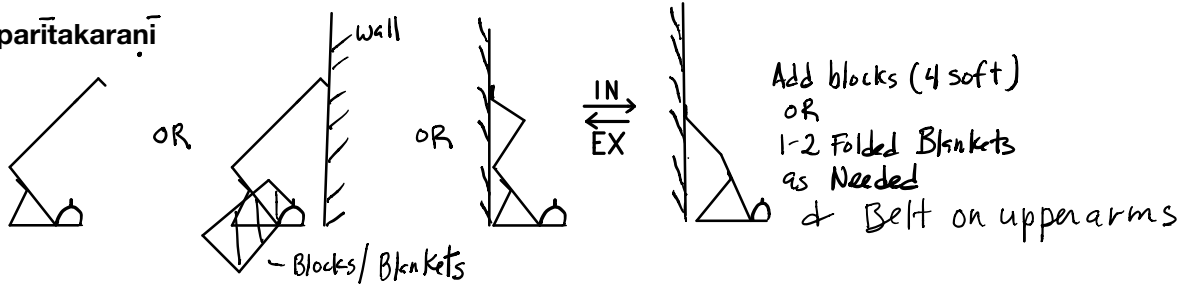
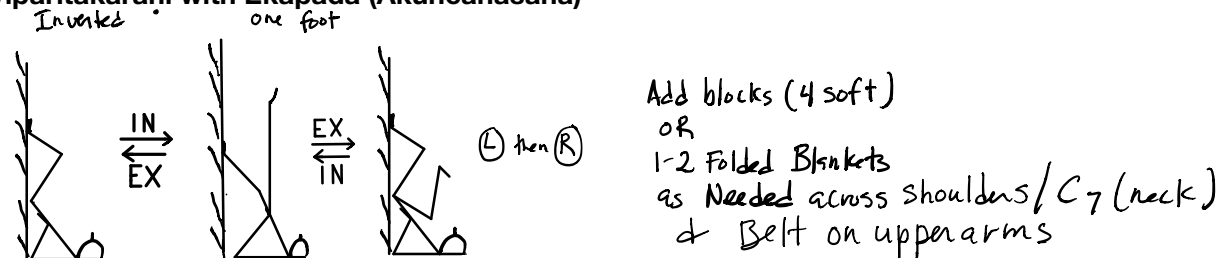


Viparīta - Inversions

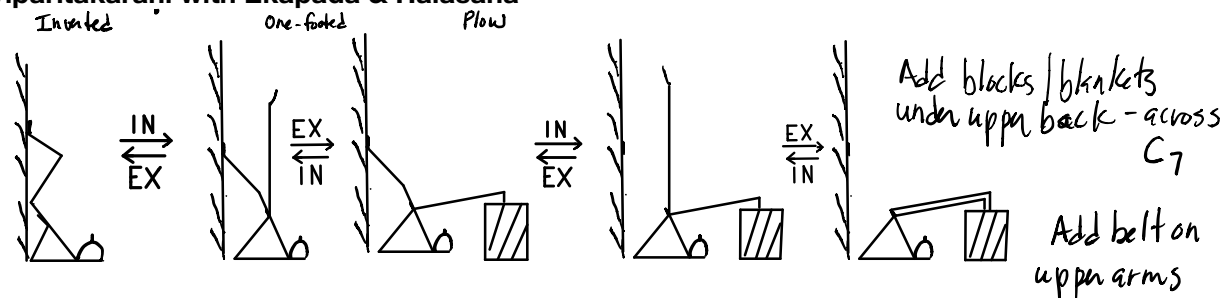
Viparītakarāṇī



Viparītakarāṇī with Ekapāda (Akūñcāṇāsana)



Viparītakarāṇī with Ekapāda & Halasāna



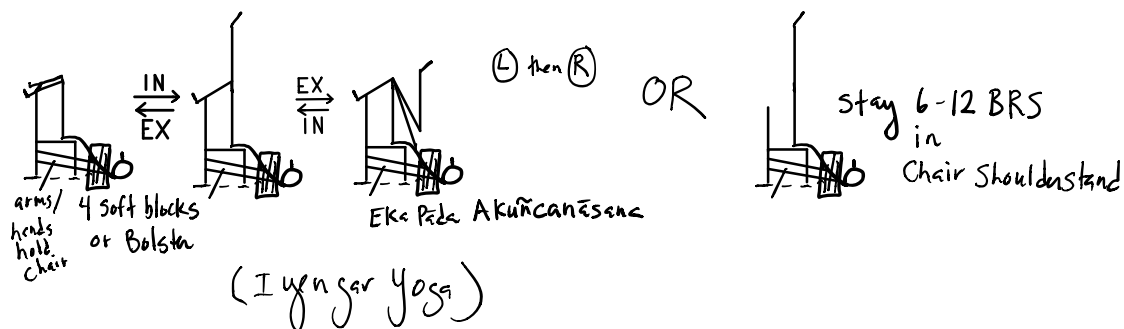
Sālamba Sarvāṅgāsana - Shoulderstand/All Limbs

If neck, blood pressure, head and eyes allow, do above variations in shoulder stand.



See Above Vinyāsas & Modifications & Props

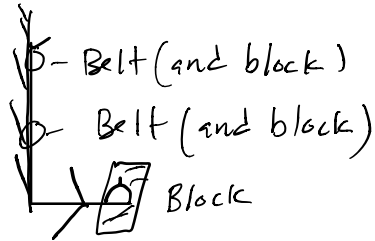
Chair Shoulderstand with Ekapāda Akūñcāṇāsana



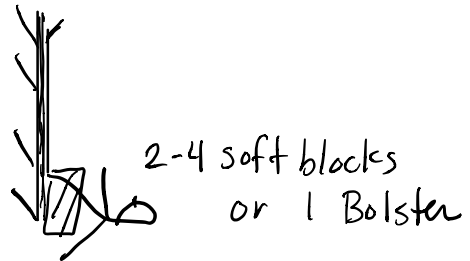
Viparītakaraṇī Modifications with Wall & Bolster



OR

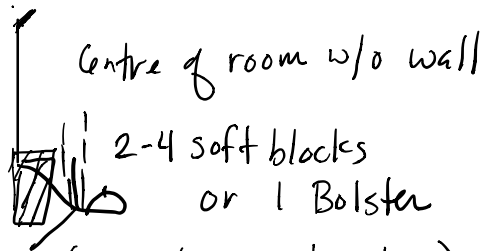


OR



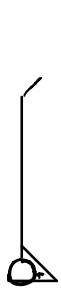
Bolster behind legs also ok with belts holding it

OR

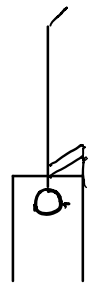


(Try w/ arms to sky) Lymphatic Drainage

Sālamba Śīrṣāsana - Headstand



OR



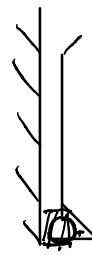
Head
B/t ends of
2 Chairs
(Iyengar)

OR



with
Wall

OR



w/ wall &
pyramid of
blocks
(Iyengar)