

# TONE IT UP OR EASE IT DOWN?



## 11 VARIATIONS FOR THE HEADSTAND AND SHOULDERSTAND



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Any application of the material set forth in the following pages is at the reader's discretion and is his or her sole responsibility. When in doubt, individuals should always see their healthcare provider before administering any suggestions made in this book.

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# VARIATIONS FOR THE CROWN & THIRD-EYE CHAKRAS

## Shirshasana (Headstand) Variations

The following is valid for all the variations to Headstand:

### IMPORTANT ALIGNMENT CUES

Push your body parts (hands, forearms, or elbows) that are supporting your head, firmly into the floor and push your shoulders away from your ears so your neck is supported and you have a strong and solid base for your Headstand.

### MODIFICATIONS & ADJUSTMENTS

When practicing on a hard surface and especially if holding the pose for a long duration, place a blanket under your head and arms for extra cushioning.

### COUNTER POSE

Before and after performing any variation of Headstand, stay in Child's Pose for 20 – 30 seconds. After long holds of Headstand, you might even increase that duration to 60 seconds. This helps to neutralize the blood pressure towards the head and reduce feelings of dizziness. After holds of 5 minutes or more, after doing Child's Pose for about 60 seconds, also include Camel Pose for 20 – 40 seconds.

# SUKHA SHIRSHASANA

## EASY HEADSTAND (PREPARATORY POSE)

### HOW TO COME INTO THE POSE

Sit on your knees, with your hips resting on your heels and hold your elbows to measure the ideal distance.

Then bring your arms to the floor under your shoulders.

Place your forearms on the floor and interlock your fingers.

Place the top of your head on the floor, with the back of your head in your cupped hands.

Curl your toes, straighten your legs, and walk as close toward your chest as possible.

Keeping your feet on the ground, hold the pose steadily for as long as comfortable, and breathe evenly.



### **NEXT POSE**

Rest in Child's Pose for 30 – 45 seconds, then continue with Shoulderstand or a variation thereof.

### **ALIGNMENT CUES**

Push your elbows firmly into the floor and push your shoulders away from your ears.

Aim to shift your weight as much as possible to your head and elbows, while keeping your feet on the floor (heels may be lifted off the floor).

### **CONTRAINDICATIONS & CAUTIONS**

The same contraindications and cautions apply as in Headstand.

### **MODIFICATIONS & ADJUSTMENTS**

This variation of Headstand can be straining on your neck if your back is too rounded. This is usually the case for people with either tight hamstrings or hips. In that case, focus on keeping your neck elongated, drawing your shoulder blades away from your ears and toward your waist. Also hold for a shorter duration. If this is too difficult still, you can use a block under your feet to elevate your hips higher up over your shoulders and to decrease roundness in your back.

# EKA PADA SHIRSHASANA

## ONE-LEGGED HEADSTAND

### HOW TO COME INTO THE POSE

Sit on your knees, with your hips resting on your heels.

Hold your elbows, place your forearms on the floor, and interlock your fingers.

Place the top of your head on the floor, with the back of your head in your cupped hands.

Curl your toes, straighten your legs, and walk toward your chest, aiming to bring your hips over your shoulders.

While pushing your left foot into the floor, lift your right leg up to the ceiling.

Hold the pose steadily as long as comfortable and breathe evenly.

Take a short rest in Child's Pose, then repeat on the other side.



### **NEXT POSE**

Rest in Child's Pose for 30 – 45 seconds, then continue with Shoulderstand or a variation thereof.

### **ALIGNMENT CUES**

Push your elbows firmly into the floor and your shoulders away from your ears.

Shift your weight as much as possible to your head and elbows.

Use your foot on the floor as mere support, placing as little weight as possible on that foot.

Your foot reaching up toward the ceiling is relaxed, ideally, but can be flexed or pointed for extra opposition.

### **CONTRAINDICATIONS & CAUTIONS**

The same contraindications and cautions apply as in Headstand.

### **MODIFICATIONS & ADJUSTMENTS**

This variation of Headstand can be straining on your neck if your back is too rounded. This is usually the case with people having either tight hamstrings or hips. In that case, focus on keeping your neck elongated, drawing your shoulder blades away from your ears toward your waist. Also hold for a shorter duration. If this is too difficult still, you can use a block under your foot to elevate your hips higher up over your shoulders and to decrease roundness in your back.



# ARDHA SHIRSHASANA

## HALF HEADSTAND

### HOW TO COME INTO THE POSE

Sit on your knees, with your hips resting on your heels.

Hold your elbows, place your forearms on the floor, and interlock your fingers.

Place the top of your head on the floor, with the back of your head in your cupped hands.

Curl your toes, straighten your legs, and walk toward your chest.

Bring your knees one by one to your chest, lifting your feet off the floor.

Hold the pose steadily as long as comfortable and breathe evenly.



**NEXT POSE**

Rest in Child's Pose for 30 – 45 seconds, then continue with Shoulderstand or a variation thereof.

**ALIGNMENT CUES**

Keep your hips over your shoulders, with your knees as close as possible to your chest.

Push your elbows firmly into the floor and push your shoulders away from your ears.

If your back is rounded, lift your knees to hip level.

**CONTRAINDICATIONS & CAUTIONS**

The same contraindications and cautions apply as in Headstand.

**MODIFICATIONS & ADJUSTMENTS**

If you cannot bring both knees into your chest, you can alternate bringing your right knee and your left knee separately to your chest. The closer your knees are drawn into your chest the more difficult the pose is. If you find it too difficult or feel strain in your neck, keep your knees bent but lift them slightly upward. (You can go as far as bringing your knees in line with your pelvis.)

# VISTRIT PADA SHIRSHASANA

## HEADSTAND WITH LEG VARIATIONS

### HOW TO COME INTO THE POSE

Come into a stable and comfortable Headstand.

Create a firm foundation with your elbows, which keeps the movement in your upper body at a minimum, then move into one of the following leg variations.



**NEXT POSE**

Rest in Child's Pose for 30 – 45 seconds, then continue with Shoulderstand or a variation thereof.

**ALIGNMENT CUES**

The movement happens in your legs only.

Your arms, shoulders, and head stay in the same position.

After each leg variation, come back into the basic Headstand before continuing with another variation.

**CONTRAINDICATIONS & CAUTIONS**

The same contraindications and cautions apply as in Headstand.

**MODIFICATIONS & ADJUSTMENTS**

These variations should be practiced only after you are comfortable and stable for at least 1 minute in the basic version of Headstand and can enter and exit the pose with control.

# PARSHVA SHIRSHASANA

## TWISTED HEADSTAND

### HOW TO COME INTO THE POSE

Come into Headstand.

Once you feel comfortable, with control, rotate your body from your chest down to one side.

Meanwhile keep pushing your elbows firmly into the floor and avoid moving your head.

Stay here for as long as it is comfortable, then come back to the center and repeat the same on the other side.



**NEXT POSE**

Rest in Child's Pose for 30 – 45 seconds, then continue with Shoulderstand or a variation thereof.

**ALIGNMENT CUES**

The rotation starts from the core and hips.

Shoulders, elbows, and head should remain in the neutral position.

**CONTRAINDICATIONS & CAUTIONS**

The same contraindications and cautions apply as in Headstand.

**MODIFICATIONS & ADJUSTMENTS**

These variations should be practiced only after you are comfortable and stable for at least 1 minute in the basic version of Headstand and can enter and exit the pose with control. This pose can be done with straight legs, as well as with leg variations as explained in Headstand with Leg Variations (to increase the level of complexity).



# BADDHA HASTA SHIRSHASANA

BOUND-HANDS HEADSTAND

## HOW TO COME INTO THE POSE

Sit on your knees, with your hips resting on your heels.

Tightly hold your opposite upper arms (just above your elbows) and place your forearms on the floor.

Place your forehead against your forearms and place the top of your head on the floor.

Press your elbows and forearms firmly into the floor and bring your shoulders away from your ears.

Curl your toes, straighten your legs, and walk closer toward your chest, aiming to bring your hips above your shoulders.

Keeping your legs straight or slightly bent, lift them up toward the ceiling.

Hold the pose steadily as long as comfortable and breathe evenly.



**NEXT POSE**

Rest in Child's Pose for 30 – 45 seconds, then continue with Shoulderstand or a variation thereof.

**ALIGNMENT CUES**

In this variation there is more weight on your head and neck.

Keep pressing your shoulders away from your ears and press your forearms firmly in the floor so your neck and shoulders are more supported.

To avoid toppling over backward (because there is no support at the back of your head), keep your legs slightly in front of your hips rather than straight above your head.

**CONTRAINDICATIONS & CAUTIONS**

The same contraindications and cautions apply as in Headstand.

**MODIFICATIONS & ADJUSTMENTS**

This variation should be practiced only once you are comfortable and stable for at least 2 minutes in the basic version of Headstand and can enter and exit the pose with control (ideally with straight legs).



# SALAMBA SHIRSHASANA TRIPOD HEADSTAND

## HOW TO COME INTO THE POSE

Sit on your knees, with your hips resting on your heels.

To make sure your alignment is correct, you can hold your elbows firmly and place your forearms on the floor, with your hands interlocked (basic Headstand prep.).

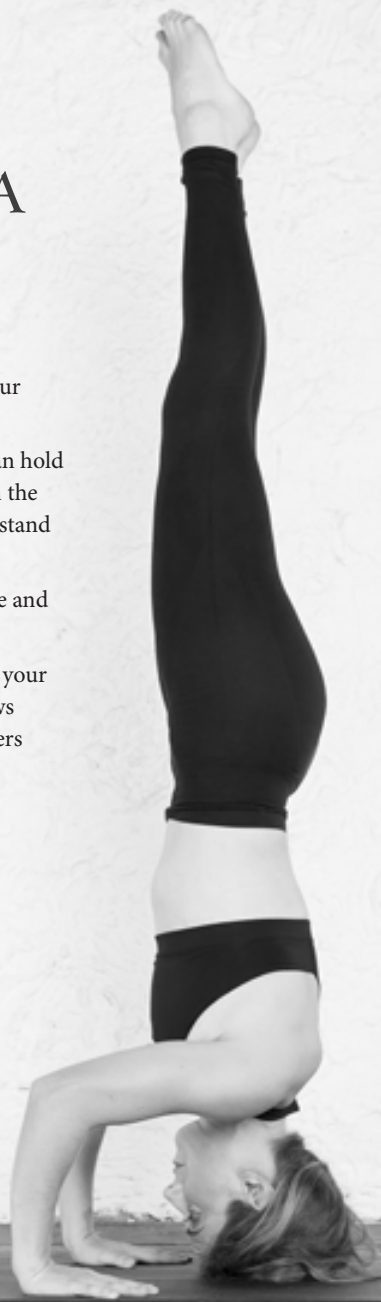
Then place your hands where your elbows were and the top of your head where your hands were.

Press your hands firmly into the floor, keeping your elbows parallel to each other (avoid your elbows bowing out to the side) and bring your shoulders away from your ears.

Curl your toes, straighten your legs, and walk toward your chest.

Bring one knee into your chest, then bring the other knee into your chest and gently straighten both legs up toward the ceiling.

Hold the pose steadily as long as comfortable and breathe evenly.



### NEXT POSE

Rest in Child's Pose for 30 – 45 seconds, then continue with Shoulderstand or a variation thereof.

### ALIGNMENT CUES

Your hands should be shoulder-width apart from each other, fingertips pointing to the front of your mat.

Make an equilateral triangle between your head and hands. Your head should not be too close and not too far from your hands.

If you have the right distance, your upper arms and lower arms will form a 90-degree angle when you are in the pose.

Keep drawing your shoulders away from your ears and keep your neck elongated.

For more stability and to lessen the weight on your head, initially you can keep your legs slightly in front of your hips rather than straight above your head.

### CONTRAINDICATIONS & CAUTIONS

The same contraindications and cautions apply as in Headstand.

### MODIFICATIONS & ADJUSTMENTS

Often, beginners find this variation of Headstand easier. However, because there is more weight on your head, this pose is not suitable for long holds until you have progressed to an advanced level.

Therefore, this variation should be practiced only once you are comfortable and stable for at least 2 minutes in the basic version of Headstand and can enter and exit the pose with control (ideally with straight legs).

### VARIATION

A challenging variation that trains coordination and core awareness is coming into Tripod Headstand directly from Crow Pose.



# MUKTA HASTA SHIRSHASANA

SUPPORTED HEADSTAND  
(WITH STRAIGHT ARMS)

## HOW TO COME INTO THE POSE

Come into Child's Pose.

Open your knees apart and place the top of your head on the floor.

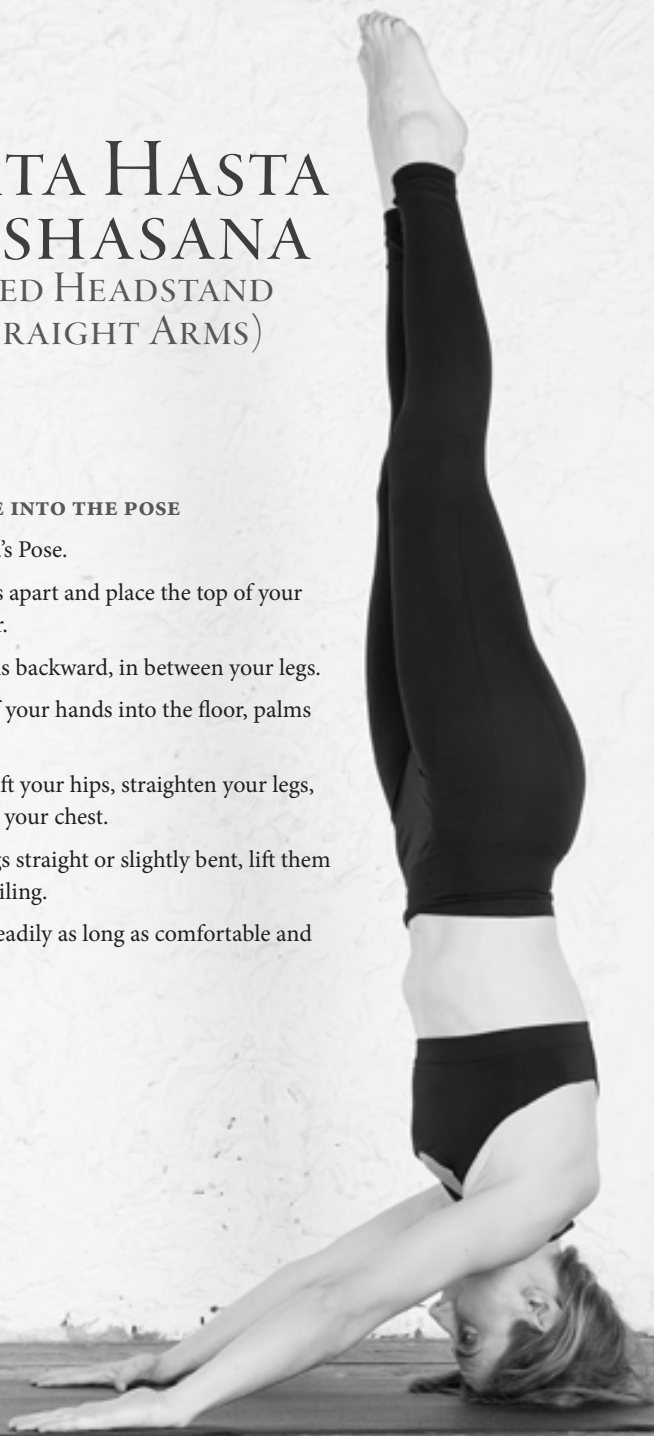
Stretch your arms backward, in between your legs.

Press the back of your hands into the floor, palms facing upward.

Curl your toes, lift your hips, straighten your legs, and walk toward your chest.

Keeping your legs straight or slightly bent, lift them up toward the ceiling.

Hold the pose steadily as long as comfortable and breathe evenly.



### **NEXT POSE**

Rest in Child's Pose for 30 – 45 seconds, then continue with Shoulderstand or a variation thereof.

### **ALIGNMENT CUES**

Your arms are straight, and the top of your hands are firmly pressing into the floor.

Fingers can be spread out wide for extra stability.

Hands are at least shoulder-width apart.

Keep your shoulder blades drawn away from your ears toward your waist and your neck elongated.

To avoid toppling over backward (because there is no support at the back of your head), keep your legs slightly in front of your hips rather than straight above your head.

### **CONTRAINDICATIONS & CAUTIONS**

The same contraindications and cautions apply as in Headstand.

### **MODIFICATIONS & ADJUSTMENTS**

This variation should be practiced only after you are comfortable and stable for at least 2 minutes in the basic version of Headstand and can enter and exit the pose with control (ideally with straight legs).

# VARIATIONS FOR THE THROAT CHAKRA

## Sarvangasana (Shoulderstand) Variations

The following is valid for all the variations to Shoulderstand Pose:

### IMPORTANT ALIGNMENT CUES

Although the aim is to keep the ankles, hips, and shoulders in one line, that is not possible for every practitioner (in fact only few can do this safely, without straining the neck). The primary aim should be to keep 75% of your weight on your shoulders and 25% of your body's weight on your elbows. Your neck should not be bearing body weight. In fact, it should not be pressing into the floor but keeping its natural curve off the floor. To accomplish this, draw your shoulder blades toward each other and press them firmly into the floor.

### MODIFICATIONS & ADJUSTMENTS

If your neck is pressing onto the floor, place a folded blanket under your shoulder girdle, covering the protruding vertebrae (C7) at the base of your neck. The rest of your neck and head are off the blanket. This difference in levels between your head and shoulders reduces strain on your neck.

### COUNTER POSE

Classically Fish Pose is the most beneficial counter-pose for Shoulderstand as well as for Plough Pose, because it provides a counter-stretch to the throat area. As a counter-pose for the lower back (which often feels a bit tight and tired after long holds of Shoulderstand), Half Bridge Pose followed by Fish Pose is our recommendation.



# VISTRIT PADA SARVANGASANA

## SHOULDERSTAND WITH LEG VARIATIONS

### HOW TO COME INTO THE POSE

Come into Shoulderstand.

Keep your elbows firmly on the floor and your hands on your back in order to maintain the placement of your pelvis, then move into one of the following leg variations.



### **NEXT POSE**

Continue with Plough Pose or a variation thereof.

### **ALIGNMENT CUES**

The movement happens only in your legs, while your shoulders and head stay in a neutral position.

After each leg variation, come back into the center with your legs, before moving into another variation.

### **CONTRAINDICATIONS & CAUTIONS**

The same contraindications and cautions apply as in the basic Shoulderstand.

### **MODIFICATIONS & ADJUSTMENTS**

This variation should be practiced only after you are comfortable and stable for at least 1 minute in the basic version of Shoulderstand and can enter and exit the pose with control. To avoid straining the lower back it is important to keep your pelvis right above your shoulders, even as your legs move into different variations and directions.

# NIRALAMBA SARVANGASANA

## UNSUPPORTED SHOULDERSTAND

### HOW TO COME INTO THE POSE

Come into Shoulderstand.

From there, focus on a point above you on the ceiling, and with control extend your arms toward the ceiling in front of your knees, palms together.

Hold the pose steadily as long as comfortable and breathe evenly.





### **NEXT POSE**

Continue with Plough Pose or a variation thereof.

### **ALIGNMENT CUES**

Hips are engaged and constantly reaching up.

Your hips should be in the same position as in Shoulderstand.

If your hips are sinking, you might be placing too much weight and strain on your neck.

Your palms are together, reaching up toward the ceiling, in front of your legs.

Your feet are together and relaxed.

In this pose your upper back tends to round, and your weight shifts more toward your neck.

Even though your hands are reaching upward, work on keeping your shoulder blades pulled toward each other and your weight, as much as possible, on the shoulder girdle.

### **CONTRAINDICATIONS & CAUTIONS**

The same contraindications and cautions apply as in Shoulderstand.

### **MODIFICATIONS & ADJUSTMENTS**

Reaching with your hands up toward your knees might initially be too heavy or difficult to balance. An easier version is to interlock your hands tightly behind your back, on the floor. Make sure to externally rotate your upper arm and draw your shoulder blades in toward each other.

# VIPARITA KARANI MUDRA

## INVERTED POSE

### HOW TO COME INTO THE POSE

Come into Shoulderstand.

Place your hands on your lower back.

Keep your legs straight and move your feet as far away as possible from your head, engaging your core as you do so.

Hold the pose steadily as long as comfortable and breathe evenly.



### NEXT POSE

Continue with Plough Pose or a variation thereof.

### ALIGNMENT CUES

Engage your core and inner thighs and make your body as stiff as a plank.

Your hands are on your lower back, fingers pointing upward.

Your elbows are drawn toward each other and approximately shoulder-width apart.

The majority of your body weight is resting on your hands.

Your upper body and legs form a straight line.

Shoulders and neck remain on the floor.

### CONTRAINDICATIONS & CAUTIONS

The same contraindications and cautions apply as in Shoulderstand. However if you have wrist or lower-back issues this pose should be avoided.

### MODIFICATIONS & ADJUSTMENTS

Your whole body is engaged to hold your legs in place, especially your core. If your core is weak, drop your feet only a little bit away. If your wrists feel sensitive, turn your hands so that your fingers point out toward your sides.

### VARIATIONS

#### SUKHA VIPARITA KARANI MUDRA EASY INVERTED POSE

Come into Shoulderstand. Place your hands against your lower back, with the heels of the palms pointing inward and your fingertips either pointing toward your buttocks or out sideways. Keep your elbows steady on the floor and start to shift the weight onto your hands, allowing your lower back to arch. Aim to keep your legs perpendicular to the ground and the back of your neck long.



# URDHVA PADMASANA

## UPWARD LOTUS POSE

### HOW TO COME INTO THE POSE

Come into Shoulderstand, with both legs straight and your hands supporting your back.

Bend your left leg away from your body by extending at your hip, then fold your right leg into place.

Take one hand away from your back to assist, if necessary.

Once your right leg is in position, bring your left leg into lotus, switching hands if necessary to work your legs into a secure and comfortable lotus.

(Caution: Do not use any force and attempt this only if you are experienced in folding safely into Lotus).

One at a time, take your hands to your knees and push your arms straight.

Create stability in the posture by pressing your knees into your hands and your hands into your knees.

Hold the pose steadily as long as comfortable, breathing evenly.



### **NEXT POSE**

Continue with Plough Pose or a variation thereof.

### **ALIGNMENT CUES**

Your hips are directly over your shoulders, aim to keep your spine elongated.

Lift your sitting bones to facilitate the extension of your spine.

Your hands are pressing up against your knees, while your shoulders are pressing down against the floor.

Your shoulders bear the great majority of your body weight.

### **CONTRAINDICATIONS & CAUTIONS**

The same contraindications and cautions apply as in Shoulderstand. However if you have tight hips or knee issues you should practice this pose with the below-mentioned modifications.

### **MODIFICATIONS & ADJUSTMENTS**

If you are not able to fold comfortably and without strain into Lotus position here, keep your legs crossed at your calves, as in Easy Sitting Pose (Sukhasana). Then bring your hands to your knees and create the same opposition as described above.

## Halasana (Plough Pose) Variations

The following is valid for all variations to Plough Pose:

### **IMPORTANT ALIGNMENT CUES**

Your hips should be right over your shoulders or slightly back. Do not aim to bring your hips over your head, because that places too much pressure on your neck. Your neck should not be bearing body weight. In fact, ideally it should not be pressing onto the floor but maintaining its natural curve. To accomplish this, draw your shoulder blades toward each other, and press the tops of your shoulders firmly into the floor.

### **MODIFICATIONS & ADJUSTMENTS**

If your neck is pressing onto the floor, place a folded blanket under your shoulder girdle, covering the protruding vertebrae (C7) at the base of your neck. The rest of your neck and head are off the blanket. If your feet do not reach the floor, use a block or the wall to rest them on. In that case also keep your hands on your lower back for support.

### **COUNTER POSE**

Fish Pose is the most beneficial counter-pose for Plough Pose and its variations because it provides a counter-stretch to the throat area. As a counter-pose for the lower back (which often feels a bit tight and tired after long holds of Plough Pose), starting with Half Bridge Pose followed by Fish Pose is our recommendation.

# KARNAPIDASANA I

## EAR PRESSURE POSE

### HOW TO COME INTO THE POSE

Come into Plough Pose, with your hands supporting your lower back.

Open your feet hip-width apart.

Point your feet, bend your knees, and allow your knees to drop down toward the floor, with your right knee next to your right ear and your left knee next to your left ear.

Bring your big toes together and let the weight of your legs pull your knees toward the floor (do not force them downward).

If your knees touch the floor, interlock your hands behind your back.

Hold the pose steadily as long as comfortable and breathe evenly.





### NEXT POSE

Continue with Half Bridge Pose or a variation thereof.

### ALIGNMENT CUES

Your back is slightly rounded.

Your knees are dropped next to your ears, big toes touching each other, with your feet pointed.

Your hands are supporting your lower back or can be interlocked behind your back.

Your shoulders bear the great majority of your body weight, and your shoulder blades are drawn toward each other.

There should be a small gap between the floor and your neck.

### CONTRAINDICATIONS & CAUTIONS

The same contraindications and cautions apply as in Plough Pose.

### MODIFICATIONS & ADJUSTMENTS

If your feet do not reach the floor, support them on a block or against the wall. Do not let them dangle in the air, because that can strain your lower back and neck.

### VARIATIONS

#### KARNAPIDASANA II

From Plough Pose walk your feet to your left. Walk as far as possible, making sure that both your shoulders stay on the floor. Feet are flexed and heels are pushing away. From there, point your left foot and drop your left knee next to your right ear.





# SUPTA KONASANA

## RECLINING ANGLE POSE

### HOW TO COME INTO THE POSE

Come into Plough Pose, with your legs straight and hands on your lower back.

Open your feet at least mat-width apart.

Hold on to your big toes.

Hold the pose steadily as long as comfortable and breathe evenly.



### **NEXT POSE**

Continue with Half Bridge Pose or a variation thereof.

### **ALIGNMENT CUES**

Legs are straight and at least mat-wide apart.

Feet are flexed, with heels pushing away.

Arms are reaching backward and sideways, with your hands holding on to your big toes.

Hips are above your shoulders, with your sit bones reaching upward, making your back straight.

Your shoulders bear the great majority of your body weight, and your shoulder blades are drawn toward each other.

There should be a small gap between the floor and your neck.

### **CONTRAINDICATIONS & CAUTIONS**

The same contraindications and cautions apply as in Plough Pose.

### **MODIFICATIONS & ADJUSTMENTS**

If due to tight hamstrings your knees remain slightly bent, make sure that you try to keep your spine as straight as possible and your hips above your shoulders.

# SUPTA URDHVA PADA VAJRASANA

## SLEEPING RAISED-FOOT THUNDERBOLT POSE

### HOW TO COME INTO THE POSE

Come into Shoulderstand, with both legs straight and your hands supporting your back.

Bend your left leg away from your body by extending at your hip, then fold your right leg into Half Lotus Pose.

Use your opposite hand if necessary to bring your foot into your right position.

(Caution: Do not use any force and only attempt this if you are experienced in folding safely into Half Lotus Pose.) Wrap your right arm around your back and catch hold of your right big toe with your right hand.

With control, lower your left foot to the floor and hold on to your left big toe with your left hand.

Push your left heel away, push your shoulders into the floor.

Hold the pose steadily as long as comfortable and breathe evenly.

To release the pose, lift your left foot halfway up, unwind your right leg, and come into Shoulderstand.

From here either roll down and relax for a moment or proceed straight away to the other side.



### **NEXT POSE**

Continue with Half Bridge Pose or a variation thereof.

### **ALIGNMENT CUES**

The foot of your extended leg is flexed, toes resting on the floor or on a support.

Your hips are above your shoulders, your spine is rounded.

Your shoulders bear the great majority of your body weight, and there should be a small gap between the floor and your neck.

### **CONTRAINDICATIONS & CAUTIONS**

The same contraindications and cautions apply as in Plough Pose. However if you have tight hips or suffer from issues of your knees, either avoid the pose altogether or try the modified pose, as described below.

### **MODIFICATIONS & ADJUSTMENTS**

If you are not able to fold comfortably and without strain into Half Lotus Pose here, simply fold your right ankle just above your left knee. If necessary, you can support your left foot with a block or cushion and keep both hands against your back, firmly pressing your shoulders into the floor.

# PINDASANA

## EMBRYO POSE

### HOW TO COME INTO THE POSE

Come into Shoulderstand, with both legs straight and your hands supporting your back.

Bring your legs in Lotus Pose, by first folding your right leg into place.

Take one hand away from your back to assist, if necessary.

Once your right leg is in position, bring your left leg into Lotus, switching hands if necessary to work your legs into a secure and comfortable Lotus Pose.

(Caution: Do not use any force and attempt this only if you are experienced in folding safely into Lotus Pose).

Draw your Lotus legs toward your chest and wrap your arms around the outside of your legs, clasping your hands together.

Allow your knees to move down on either side of your head, and let your body curl into an embryo shape.

Hold the pose steadily for as long as is comfortable and breathe evenly.



### **NEXT POSE**

Continue with Half Bridge Pose or a variation thereof.

### **ALIGNMENT CUES**

Your hips are above your shoulders, your spine is rounded.

Your legs are in Lotus position.

Your arms are wrapped around your thighs and hands interlocked.

Your shoulders bear the great majority of your body weight, and there should be a small gap between the floor and your neck.

### **CONTRAINDICATIONS & CAUTIONS**

The same contraindications and cautions apply as in Plough Pose. However, if you have tight hips or suffer from pain in or injury of your knees, either avoid this pose or try the modified pose as described below.

### **MODIFICATIONS & ADJUSTMENTS**

If you are not able to fold comfortably and without strain into Lotus Pose here, keep your legs crossed at your calves, as in Easy Sitting Pose, then wrap your arms around your legs and clasp your hands.



# ABOUT THE AUTHORS



**RAM JAIN**

Ram is the Founding Director of the Arhanta Yoga Ashrams (India and The Netherlands). Within the last 10 years, the Arhanta Yoga Ashrams have become renowned internationally for their professional yoga teacher training courses, and have up to present trained over 3000 yoga teachers from all over the world.

Born in New Delhi, India, in a traditional and spiritual family, his yoga and Vedic philosophy education started at the age of eight years as a part of his primary school education. He has in-depth knowledge of classical Hatha Yoga and is also well versed in ancient Indian scriptures.

During his 19 years of teaching career, he has worked with various anatomy and physiology experts and has developed unique teaching, adjustment, and modification techniques.

Presently, he is the lead teacher for various teacher training programs, ranging from Hatha Yoga, Yin Yoga, Vinyasa Yoga, to Meditation and Yoga Nidra. He teaches for several months a year in India and the rest of the year in the Netherlands, where he also lives with his wife and two children.



**KALYANI HAUSWIRTH-JAIN**

Kalyani is a senior teacher & Creative Director at the Arhanta Yoga Ashrams since 2013. She was born and raised in Switzerland. Since early adolescence she has been fascinated by art, bodywork, the body-mind connection. The mother of two children now, she has been teaching yoga for over 10 years, training yoga teachers for more than eight years at the Arhanta Yoga Ashrams in India and the Netherlands.

Starting off with physical challenges, she transformed her body, mastering many advanced asanas with her regular practice and discipline. By following a diligent self-practice, working with many different teachers, styles, and techniques, she gained a profound understanding of physiology and movement techniques.

This, in combination with her extensive teaching experience, gave her an understanding of the importance of structure and sequencing for a holistic yoga asana practice.

# ABOUT ARHANTA YOGA ASHRAMS

At Arhanta Yoga ® our mission is to provide internationally accredited professional yoga courses and training in a non-sectarian way, while maintaining the authenticity of the ancient teachings. Since 2009 more than 3000 yoga teachers have graduated from Arhanta Yoga Ashrams.

Arhanta Yoga Ashrams are Registered Yoga School (RYS) with Yoga Alliance, International Yoga Federation, European Yoga Association and CRKBO (The Netherlands). Our courses meet and exceed the international standards of 200 hours and our certification is accepted by all major yoga institutions, yoga federations and insurance companies.

The 200 hour Yoga Teacher Training is our foundational course for becoming a yoga teacher. This course is an intensive training to become a professional and worldwide accredited yoga teacher in 26 days. The course is designed only with one goal – to make you a confident yoga teacher.

It is a proven and tested course which has been developed and refined over the period of last 10 years.

After the course you will be able to teach yoga with confidence and proper certification. This is our guarantee!

## COURSE HIGHLIGHTS

During our 200 hour yoga teacher training course you will

- benefit from a well-rounded, time-proven curriculum: 170 Hatha Yoga asanas, in-depth yogic philosophy, extensive yoga anatomy, daily pranayama & meditation and much more;
- become confident to teach with 60 hours hands-on teaching practice;
- acquire expert teaching skills as you learn how to give proper instructions, and how to apply corrections and modification techniques;
- learn how to sequence yoga postures to create classes featuring various goals and themes;
- learn how to teach people of different ages, backgrounds and body types;
- receive a worldwide accredited yoga teacher certification in 26 intensive days;
- be fully immersed into the yogic lifestyle as you study at a traditional yoga ashram; and
- receive guidance for how to start your own yoga school / yoga studio.

Most of our students are surprised on how much they could learn in such a short period. And once you have completed the course, we are still there for you with our post-course support and mentoring:

**FOR ANY QUESTIONS AND GUIDANCE:**

We provide a top notch post course support to all of our students. Our teachers can be easily contacted via phone, email and instant messaging regarding any questions about teaching, philosophy or your personal yoga practice.

**FOR TEACHING / ASSISTING OPPORTUNITIES:**

We provide two kinds of intern opportunities to all of our students. You can come as a volunteer to work in our team for a period of 1-3 months, or you can come as a trainee for period of 3-6 months. Both opportunities will help you develop your teaching skills and confidence even further.

**FOR STARTING YOUR TEACHING CAREER:**

Every student is provided guidance in finding a yoga teacher job or starting up their own yoga studio. Our years of experience in running yoga schools and centers is available to all our graduates. We help them with advice ranging from market research website setup to renewal systems.

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