

Legs-up-the-Wall Pose



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Viparita Karani

3 to 10 minutes

Prop: Bolster

Instructions:

1. Place a bolster a 5-6 inches away from a wall. Sit sideways on the right edge of the bolster, with your right side touching the wall. Bend the legs. Keep the hands on the floor.
2. Exhale and with one smooth move, swing your legs up the wall and your shoulders and head down onto the floor. Coming into this pose may take some practice. The first few times you do practice it, you may slide off the support and plop down with your buttocks on the floor. Try moving the support slightly further away from the wall.
3. Your sitting bones don't need to be right against the wall, but they should be dripping down into the space between the support and the wall. Open your shoulder blades away from the spine and release your hands and arms out to your sides, palms up. Lift and release the base of your skull away from the back of your neck and soften your throat. Lift your sternum toward your chin.
4. Keep your legs relatively firm, just enough to hold them vertically in place. Soften your eyes and turn them down to look into your heart. The most important thing to do in this pose is nothing – just relax.
5. Stay in this pose anywhere from 3 to 10 minutes, breathing evenly. To come out, slide off the prop onto the floor then turn to the side. You can also bend your knees and push your feet against the wall to lift your pelvis off the support. Then slide the support to one side, lower your pelvis to the floor, and turn to the side. Stay on your side for a few breaths, and come up to sitting.

Modification:

If you prefer, practice this pose with your back flat on the ground.