

## Inversions Shirshasana Cycle

Shirshasana - plain, vanilla headstand

Dandasana - Half bend

Parsva - legs straight up but twisting to the right ,then left.

Parivrittitaikapada - legs apart as in Hanumanasana, turn so that front leg crosses in front, right leg first, then left.

Ekapada - One leg up, one leg down, then change

Parsvaikapada - one leg to the side, other leg up, then change

Urdhva Padmasana - legs in Padmasana (Lotus)

Pindasana - still in Padmasana, bring knees toward back of arms

Then change legs in Padmasana and repeat

Mukha Hasta Shirshasana I - tripod headstand

Mukha Hasta Shirshasana II - same as above but fingers turned away from face

Mukha Hasta Shirshasana III - arms straight in front, palms up

Mukha Hasta Shirshasana IV - arms straight out at sides, palms down

Baddha Hasta Shirshasana I - arms crossed in front of face, holding elbows

Baddha Hasta Shirshasana II - fingers touch shoulders

Baddha Hasta Shirshasana III - arms at sides of head, palms down

## Sarvangasana Cycle

Salambha Sarvangasana - plain, vanilla shoulderstand

Niralamba Sarvangasana I - arms at sides or resting on front of thighs

Niralamba Sarvangasana II - arms overhead on floor palms up

Niralamba Sarvangasana III - arms on floor behind, hands clasped

Halasana - plough

Karnapidasana - ear-closing

Suptakonsasana - legs wide

Parsva Halasana - walk right foot to left side, then left to right

Ekapada Sarvangasana - one foot up, one in Halasana

Parsvaikapada - one foot up, one in Suptakonasana

Urdhva Padmasana - upward Lotus

Pindasana - embryo

Then change legs in Padmasana and repeat

Setubandha Sarvangasana - Bridge (final expression is legs extended)

Ekapada Setubandha Sarvangasana - one foot up then the other.