

# 9

## Inversion

### Reversal postures

In yoga, an inversion is any pose where your heart is higher than your head. This includes challenging poses like Handstand and Dolphin Pose (Ardha Pincha Mayurasana), as well as relaxing poses like Child's Pose (Balasana) and Legs Up the Wall Pose (Viparita Karani). These positions are challenging and require thoughtfulness and calm in their practice. This includes having a good body feeling and stability in order to approach the positions step by step and to overcome any fear of simply turning around because of gravity.

#### Effects:

- Inversions promote fluid exchange and blood circulation in the body.
- They have a relieving effect on the heart and abdominal organs.
- They are said to have a rejuvenating effect, attributed to the fact that they alter the body's weight and thereby relieve strain on the internal organs, for example.

Children do this very naturally and enjoy hanging their heads upwards and swinging.



#### EXERCISES FOR YOU:)

Downward-Facing Dog at the Wall  
Headstand (Sirsasana)

#### Don't's:

Do not practice inversions if you have high blood pressure, heart problems, disc herniation, neck injuries, a history of stroke, are menstruating, or are pregnant

#### Be aware of:

- Slow and systematic progression
- Make sure to warm up well so that your shoulders and back are adequately prepared and open.
- Ensure a stable base and keep the spine upright
- First, train the strength in your arms and shoulder/neck area. Only if this is sufficient, it is possible to practice the headstand
- It's good to start with the Shoulder Stand. To make it even more secure, it's clever to put a blanket under the shoulders