

"Forget about fear. You may only fall to the floor, not beyond. In the future there is fear. In the present there is no fear."

*- BKS Iyengar,
Light on Life*

Salamba Sirsasana - Supported Headstand

BASIC INSTRUCTIONS:

1. Interlock the fingers so the palms form a cup, lightly cross the thumbs
2. Place the outer wrists & elbows (shoulder-width apart) down on the floor
3. Place the crown of the head on the floor, so the palms lightly cup the back of the head
4. Straighten the legs & walk the toes towards the head, lift up the hips & lengthen the spine
5. Keeping the base & spine steady, take one leg straight up to the ceiling & bring the other leg up to meet it
6. Keep pressing the forearms & wrists down, shoulders move up & away from the ears
7. Lengthen the whole spine & tailbone towards the heels, keep the legs firm

