



Keeping the back as straight as possible, inhale bringing one leg down to chair



Exhale bringing the other leg down. Ascend buttocks and straighten back and knees.



Lower out of the Shoulderstand the same way you came into it (refer to last 2 columns).

Let go of all effort and allow back to relax and arms to come over head to relieve neck tension. Hold for several minutes breathing abdominally then return to The Shoulderstand.

Yoga

THE HALF PLOW By Rama Vernon

So many stress-filled westerners are beginning to use The Half Plow as a unique substitute for aspirin. Whenever the headaches, the sinus congests, the muscles cramp and the energy ebbs, you too might try flipping (gently of course) over a trusty chair.

Whether you're a beginner or a continuing student of yoga, you'll find the chair helps to keep the spine erect and free from excessive curvature that can cause a shortness of breath and the aftermath of lower back discomfort. If you're not sure whether or not you are keeping the back straight, explore the spinal column with your hands every so often to see if any vertebra are overtly protruding.

If so, elevate your buttocks by pushing your straightened knees into the chair as you elongate your torso. It helps to use the hands in lifting up. This can be done by bringing the shoulderblades and elbows as close together as possible as the hands are worked up as high towards the neck as possible.

As this posture is an extension of the shoulderstand, remind yourself not to press the chin into the chest but bring your chest up to your chin. If you still have difficulty in breathing, relax your tongue and throat and breath abdominally. This simply means to expand the abdomen gently as you inhale and compress it in as you exhale.

When you feel that you have done your best to straighten your back ...treat yourself to a rest. but stay in the pose. Allow the back to round slightly and bring your arms up over your head and take a cat nap...3 to 5 minutes in the beginning and gradually extend this time (only if comfortable) to 15 minutes. Whether your head aches or not, it's a great way to begin or end any day!