

# Yoga

BY RAMA VERNON  
The Shoulder Span (Sarvangasana)

This pose is well worth any effort and a minute of time especially if you tire easily or desire more mastery of weight or emotions.

Many students have found that even on their depressed days if they can just lift their hips ...they can lift their spirits too.

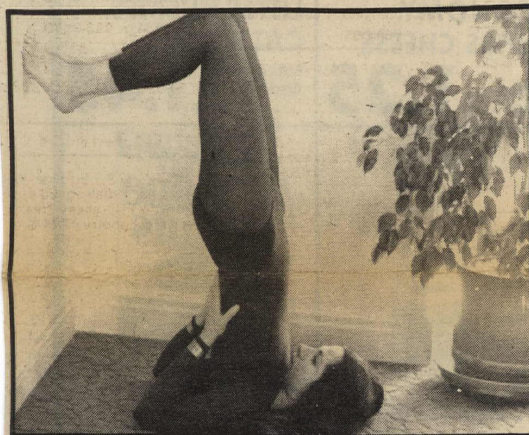
Is it possible that there was something the holy medicants of yoga knew 5000 years ago that we're just beginning to learn? The sanscrit name is Sarvangasana. Sarva = whole or entire and anga = parts or limbs. This has been interpreted as meaning the posture that affects the whole or entire parts of the body. It's psycho-physical benefits are too numerous to list but it can now physiologically be shown that this pose has a marked effect on cardio-vascular efficiency.

Whether you're just beginning or re-attempting to strengthen and straighten

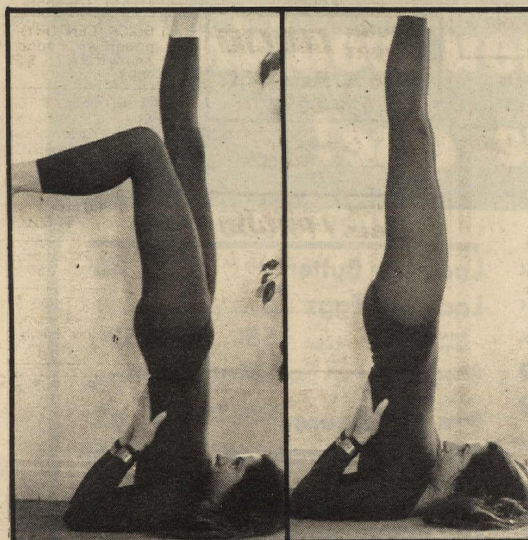
your Shoulder Stand, you'll find the wall and unyielding but dependable guru. It helps to align the torso with the legs so that the back can eventually maintain its desired perpendicular alignment to the floor.

In order to do this, the arms are important. They are a support and a lever. The biceps can be rotated toward the ceiling to bring the elbow closer together. At the same time, the hands can be manipulated toward the neck as high onto the shoulder blades as possible. (Gripwise, it may be easier with a bare back.) This helps to open the chest and improve respiration.

At the same exact time that you are adjusting your arms, stretch both legs (seat flat) toward the ceiling as if a huge hand were soaring down to lift you away from the gravitational confines of earth. If the Himalayan legend of levitation is true, maybe one day, you'll find yourself standing on the ceiling instead of your shoulders.



No. 1—Begin from last week's posture. Bring your hands flat to your back (fingers toward spine and thumbs around waist).



No. 2 — Bring one leg up and then the other. Straighten knees and join ankles.

No. 3—Hold for one or two minutes. Relax tongue, lirting the chin slightly away from the chest.

(If you find you're choking or can't breathe, use the abdominal breath—inhalation, expanded out, exhalation, compress it in.)