



NOTE: hold for as long as possible then lower, rest, and repeat again for as many times as your strength will allow.

NO. 2 — Keeping elbows steady, bring hands together clasping fingers tightly. Place forearms firmly on the floor with lower wrist bone and the "little finger" side of hand touching. (Don't move elbows.)

NO. 3 — Raise buttocks indenting lower and upper back by raising lower legs and feet. Keep concavity of back, lower feet to floor turning toes under.

NO 4 — Push toes into floor, straighten knees and raise buttocks without losing indentation of back. Keep head up as you walk in as far as you can **WITHOUT BENDING THE KNEES OR CONVERSELY CURVING THE BACK.**

NO. 1 — Kneel down facing a wall. Measure distance of arms (elbows same width apart as shoulders) by firmly clasping elbows.

Yoga

By RAMA VERNON
THE HALF HEADSTAND

Aquatically known as The Dolphin, the Half Headstand is a fearless approach to its whole.

As the feet are kept on the ground, even the most timid initiate to yoga can practice it while still obtaining the circulatory benefits of the Full Headstand.

It's a marvelous preparation for that hierarchal king of all postures as it strengthens arms, shoulders, abdomen and back.

Since the main emphasis is upon keeping the back straight and slightly concave, the Half Headstand also gives amstretch to the hamstring muscles. In this respect it's very similar to the Dog Face Pose.

When practicing, keep your attention on lengthening the space between your ears and the top of your shoulders by pressing down with your forearms and lower wrist.

Also, let your attentiveness remain between the shoulderblades as you try to indent and bring them as close together as possible. This helps to open the chest and facilitate breathing which is very important when finally taking your first fling into the Headstand.

Through regular practice of this pose, many teachers have found that nearly every yoga student eventually is able to do the Headstand without any ill effects to neck or lower back. The reasons for this will be discussed in the next column so until then whether you're an "old timer" in yoga or not, try practicing the Half Headstand for just 30 seconds a day.