



HEADSTAND



how to do

Sirsasana

The King of Yoga Poses

Known as King's Pose, the headstand is one of the most important yoga asanas due to its abundant health benefits. It is considered as the ideal posture to stimulate the crown chakra (Sahasrara). The crown chakra is associated with wisdom, enlightenment, and is connected to the Divine.

The Headstand is one pose among many others that can help you heal and balance your chakras. To learn more about the chakra system and the yoga asanas to practice to heal them, please drop an email to pam@thefullseven for details on the upcoming The Full Seven Chakra Healing & Balancing Course.

Benefits of Sirsasana

- Improves memory and intelligence
- Focuses the mind and makes it sharper
- Treats sexual disorders
- Increased blood flow to the head
- Helps improve hair growth and complexion
- Treats headaches and migraines
- Improves hemoglobin and vision
- Treats thyroid and pituitary problems



How to do a Headstand

- From thunderbolt pose, cup your elbows and bring your arms to the floor 8-10 inches in front of you creating a triangle. Interlock your fingers tightly, thumbs open, palms forming a cup.
- Place your head on the formed cup so that the crown of your head touches your palms.
- Raise your knees from the floor and walk towards your head.
- From here bring your knees towards your chest and use your feet to gently bounce off the floor and bring your knees in line with the floor and heels towards the buttocks, hold for a breath then slowly raise your legs upwards from the floor.
- After the body gets properly balanced in this position, gradually and slowly straighten your legs.
- Hold and breathe deeply.
- Come out of the asana by flexing your knees and sliding them down to the floor in reverse order.

Headstand Tutorial

Learn how to do the headstand correctly to help you maintain balance and avoid injury.



About the Instructor - Paramjit Pam Anand



An International wellness coach and spiritual teacher, Paramjit has over two decades of wealth of experience in inspiring people to live their best life. Her holistic The Full Seven approach creates powerful healing, removes blockages and allows transformation, resulting in a conscious life filled with harmony, love and peace.

Through the regular practice of all 8 limbs of Yoga including powerful breath work (Pranayama), Meditation, Chanting and Kriya Yoga, one can expect to experience significant and total spiritual transformation, including expansions of consciousness and appearance of ease and order into their daily lives.

