

## BENEFITS:

- GOOD CIRCULATION
- CALM THE NERVES BY STIMULATING THE PARASYMPATHETIC NERVOUS SYSTEM
- DECREASE DEPRESSION AND ANXIETY SYMPTOMS
- EASE FATIGUE
- IMPROVE IMMUNE FUNCTION

## CONTRAINDICATIONS:

- DISC PROBLEMS
- HIGH BLOOD PRESSURE
- GLAUCOMA
- SINUS BLOCKAGE
- OBESITY
- GENERAL WEAKNESS IN UPPER BACK/SHOULDERS/NECK

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# Salamba Sarvangasana

*Shoulderstand*

*An Inversion a day keeps the stress at bay.*