

Queen Of The POSES



Vinyasa Flow is a creative form of yoga. Synchronising each movement to the Ujjayi breath, you dance through a flowing sequence of asanas using graceful transitions to link each move.

It is a great way to cleanse the body and calm the mind whilst building strength, flexibility, fluidity and creativity.

Referred to as the Queen of all asanas, Shoulderstand (Sarvangasana) nourishes the thyroid gland, tones the legs and abdomen whilst massaging the abdominal organs. It enriches blood flow to the brain, relieving emotional and mental stress along with headaches!

1. Lie on your back and reconnect with the Ujjayi breath.
2. Lengthen your tailbone, draw in your navel and lift your pelvic floor muscles.
3. Place your arms by your sides palms face down and glue your legs together pointing the toes away from you.
4. Inhale to lift your legs and back up away from the ground to roll onto your shoulders. Make sure you use your stomach muscles to lift.
5. Support your back with your hands and thrust your hips forward inline with your shoulders.
6. Relax the shoulders, neck, head and face.
7. Breathe deeply and hold for as long as you wish before releasing your hands and rolling all the way back down.

Please take note this is an advanced pose and should be done with the guidance of a teacher.

Charlotte is a much-celebrated yoga teacher. She has a fun and enthusiastic approach to passing on all the beautiful Vinyasa Flow sequences and Yogic knowledge she has received and created since she was fifteen years of age. She is currently Yoga Queen @ Sweaty Betty, Bristol.

We hope you enjoy each posture Charlotte demonstrates in each issue of YOGA Magazine in 2009. For more info about Charlotte and her teachings please visit www.yogaline.co.uk

Bring this article to her next Sunday workshop on the 11th November in Bristol and receive your space completely free!