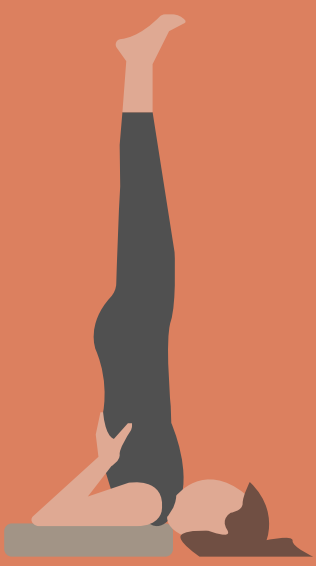


SHIRSH ASANA

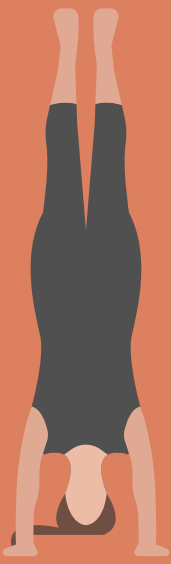
Shirshasana Salamba Shirshasana, or Yoga Headstand is an inverted asana in modern yoga as exercise; it was described as both an asana and a mudra in classical hatha yoga, under different names. It has been called the king of all asanas. It may help in increasing flexibility. It may improve the balance of the body. It may relieve stress by reducing the production of stress hormones. It can also help in fluid retention. It may help in improving the digestive process of the body.

Benefit of Shirshasana

- *It may help in increasing flexibility.*
- *It may improve the balance of the body.*
- *It may relieve stress by reducing the production of stress hormones.*
- *It can also help in fluid retention.*



- *It may help in improving the digestive process of the body. This may indirectly help weight management. It may remove toxins from the body.*
- *It may result in the proper supply of nutrients. It may improve hair growth.*
- *It may help in improving focus.*
- *It may also improve the blood flow toward the eyes.*



SARVANG ASANA

Sarvangasana is an inversion used at the end of a yoga practice in order to encourage cleansing blood flow throughout the body and to promote an inner sense of calm. The term comes from the Sanskrit sarva, meaning "all," anga, meaning "limb," and asana, meaning "pose" or "posture."

Benefit of Sarvangasana

- *Improving blood circulation and digestion.*
- *It may also help in rejuvenating the body and maintaining balance and posture of the body.*
- *Sarvangasana may increase blood pressure, which can be used as a potential benefit for patients with low blood pressure.*