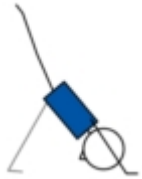
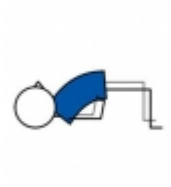
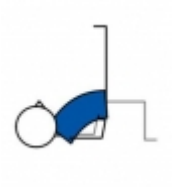
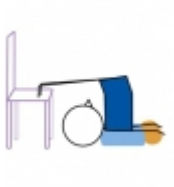
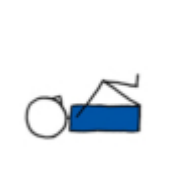
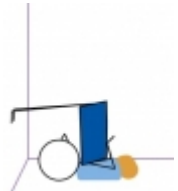
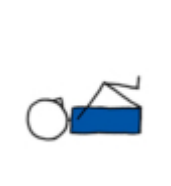
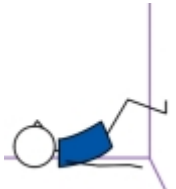
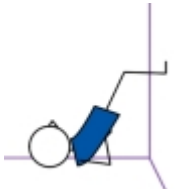
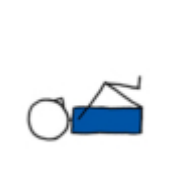
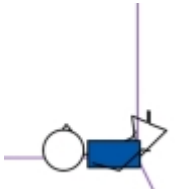
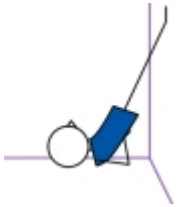
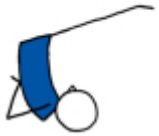
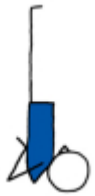
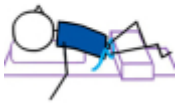
90 Minute Yoga: Shoulderstand

 Mountain Lock	 Wide Leg Forward Bend	 Downward Facing Dog	 Downward Facing Dog Split	 Half Monkey	 Kneeling Lunge
 Cat Cow	 Knees Chest Chin	 Fire Hydrant I	 Hare	 Thread The Needle Arm Up	 Extended Child
 End Of Sequence	 Eye Of The Needle	 Happy Baby	 Bridge	 Supine Legs Up Block	 Plough

 **Bridge Hands On Hips**	 **Bridge Leg Up**	 **End Of Sequence**	 **Chair Supine Legs Up**	 **Supported Shoulderstand Chair**	 **Chair Bridge**
 **End Of Sequence**	 **Legs Up Wall**	 **Knees To Chest**	 **Supported Shoulderstand Wall**	 **Knees To Chest**	 **Supported Shoulderstand Block**
 **Knees To Chest**	 **Bridge Wall**	 **Knees To Chest**	 **Shoulderstand Against Wall I**	 **Knees To Chest**	 **Reclined Bound Angle Wall**

 **Knees To Chest**	 **Shoulderstand Against Wall II**	 **Knees To Chest**	 **Half Shoulderstand**	 **Knees To Chest**	 **Shoulderstand**
 **Knees To Chest**	 **Classical Fish**	 **End Of Sequence**	 **Reclined Bound Angle Bolster Strap**		

Lesson Plan Description:

There are eight good reasons why shoulderstands were referred to as the "King (or Queen) of asana" by the ancient yogis...

8 Reasons To Practice Shoulderstands

1. Relieves Stress: A shoulderstand is a cooling posture, it helps draw attention inwards. Practice if you have anxiety, stress, or fear. Combine headstand with yogic breathing (long, slow breaths) and you have a recipe for instant calm.

2. Increases Focus:-When you turn upside down, you increase blood flow to the brain. This can help to improve mental function and increase your sense of focus.

3. Strengthens Shoulders & Arms:-While holding yourself up in a shoulderstand, you are pushing down into the ground with your forearms, to keep pressure off your head and neck.

4. Improves Digestion:-When you allow the effects of gravity to be reversed on your digestive organs, you will help to move stuck material, release trapped gases, as well as improve blood flow to the all-important digestive organs - increasing nutrient absorption and delivery to your cells.

5. Helps Flush Out Adrenal Glands:-Going upside-down will squeeze your little adrenal glands, which are responsible for the production of those so-called stress hormones. The cleaner your adrenal glands are, the more optimal they will function.

6. Decreases Fluid Build-Up In Legs, Ankles, and Feet: Edema in the legs is no fun, and it can happen if you spend long hours on your feet. Reversing the effects of gravity on your bodily fluids will help to flush out built-up water in the legs, relieving the uncomfortable feeling of edema.

7. Develops- Core Muscle Strength: A shoulderstand is an amazing core workout. You will rely on your core strength to hold your legs up and keep your balance throughout the pose.

8. Stimulates The Lymphatic System:-Your lymph system can also be called your rubbish dump system. This network of nodes and fluids helps to remove waste products from your blood. When you flip onto your head you will be directly stimulating your lymphatic system which helps to remove toxins from your body.

You can create lesson plans like this using the Genie Lesson Planner