

Inversions

Yoga inversions are poses where your head is below your heart, including poses like Downward Facing Dog .

They are believed to improve circulation, boost brain function, strengthen muscles and have calming mental benefits.

Beginners should start with gentle inversions like Downward Facing Dog or Legs Up the Wall, and all poses should be approached with proper guidance to prevent injury.

Types of Yoga Inversions

Beginner/Gentle:

These are often called "half inversions" and are great for building confidence.

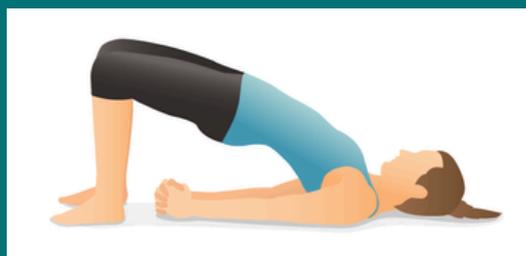
Downward-Facing Dog

Forward Fold

Child's Pose

Legs Up the Wall

Bridge Pose



Intermediate/Advanced:

These require more strength and balance.

Crow Pose

Dolphin Pose

Shoulderstand

Headstand

Handstand

Plow Pose

