



AKASHA
YOGA ACADEMY

SARVANGASANA

The Ultimate Guide to
Shoulderstand



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WELCOME

to the Akasha Family

Are you ready to master Shoulderstand?

We are so excited to have you here. Sarvangasana or better known as shoulderstand pose is one of the classical poses of modern asana practice.

You are probably familiar with the shoulderstand pose as this is practiced in most Yoga classes, but there is so much more to know about this seemingly simple pose.

In this detailed book the experienced lead teachers of Akasha Yoga Academy will guide you step-by-step how to properly do this pose to get the most out of your practice.

We will dive deep into the significance of the original Sanskrit name, proper alignment, correct posture and anatomy.

If properly done, this pose enables you to develop courage, will power and self-confidence

Be prepared for an eye-opening experience.

Loving wishes,
Kirsten, Burkhard & Devdas

SARVANGASANA

Shoulderstand

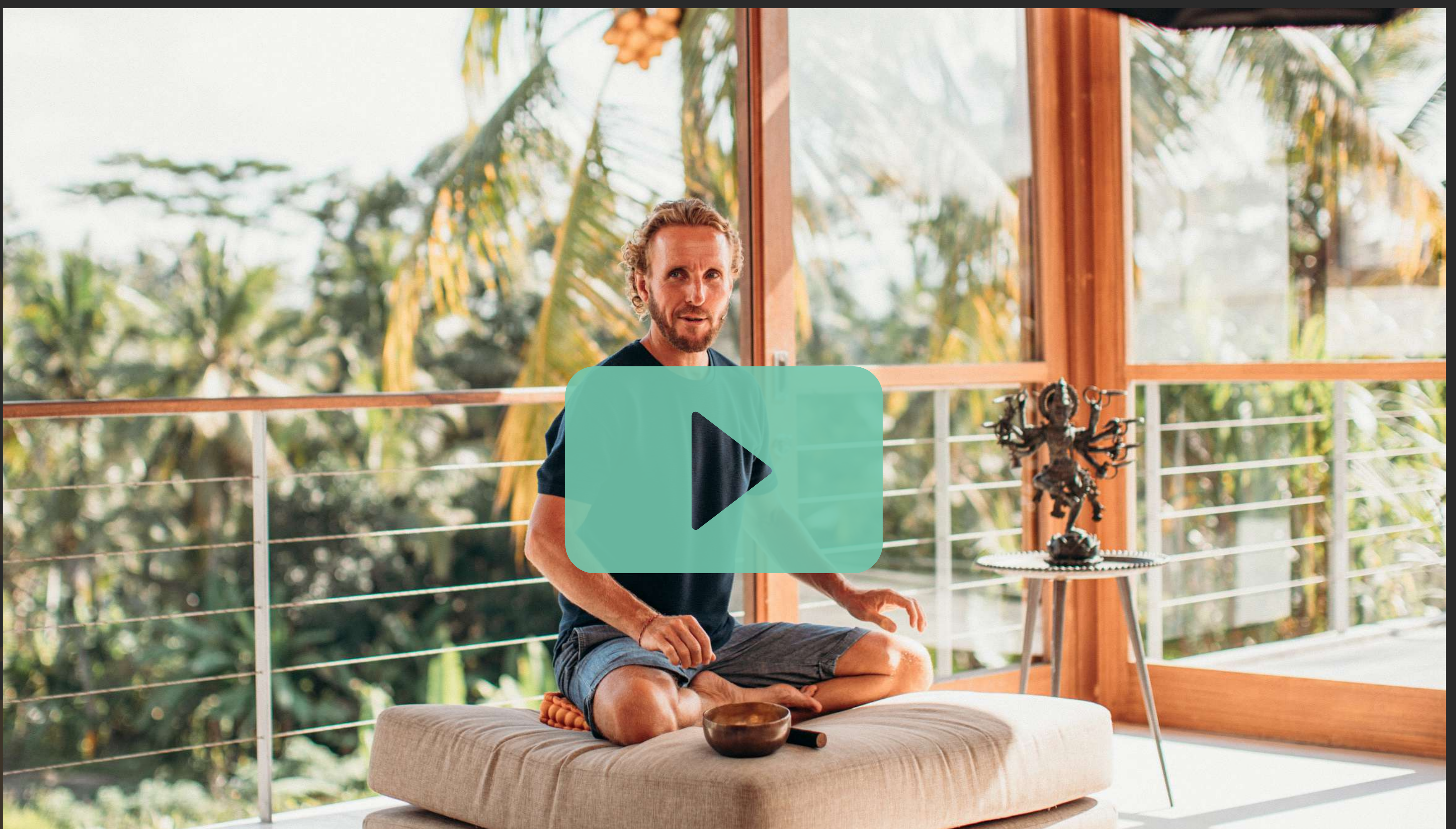
Sarva = All

Anga = Limbs – Posture of All Limbs / Shoulder Stand / Candle Pose.





WATCH THIS VIDEO TO GET AN INTRODUCTION OF SHOULDERSTAND



In this introduction video, Burkhard talks about the significance of the original Sanskrit name, the attitude, and psychological benefits of this pose.

The Ultimate Guide to
Shoulderstand

FOUNDATION





WATCH THIS VIDEO TO DEVELOP A FOUNDATION FOR SHOULDERSTAND



In this Foundation video, Kirsten demonstrates a breath-based flow to develop a solid foundation for this powerful pose.

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SARVANGASANA

Shoulderstand

PERFORMANCE



- **Starting position:** Lie in a supine position, legs together, arms close to the body, align the entire body, and bring the head in line with the spine.
- **Entering:** Lift the pelvis and lower back, roll the shoulders backward by moving the shoulder blades close to each other. Optionally the hands may be interlocked under the buttocks.
- Lift the legs and slowly roll up by bending the legs and bringing the knees toward the face, shifting the torso into a vertical position. Support the spine with the palms on the lower back.
- Slowly straighten the legs, bringing them into a vertical line with the torso.

- Support the straightening of the spine with the hands, walking the palms closer towards the shoulders.
- Carefully move the elbows toward each other to bring the upper arms in a parallel position. This ensures that the shoulder blades remain close to each other, thus protecting the upper spine and neck.
- Emphasize on the verticality of the body by engaging the core muscles, buttocks and thighs, keeping the legs parallel and close together.
- The head must not be moved throughout the entire performance to protect the neck from injury.
- **Releasing:** Fold the legs, whilst bringing the knees close to the face.
- Carefully and slowly, roll down out of the posture, vertebra by vertebra. Either support the back with the palms, or place the arms on the ground and push down with the palms.
- Care should be taken to keep the head on the ground after practice.

PSYCHOLOGICAL EFFECTS

- Calms the brain and tranquilizes the mind.

- Bestows happiness, confidence, and joy.
- Relieves mental and emotional stress, irritation, shortness of temper, nervous breakdown, and fear.
- Helps clear psychological disturbances and relieve mild depression.
- Reduces fatigue and alleviates insomnia.

ENERGETIC EFFECTS

- Activates Vishuddha Chakra (the Throat Chakra).
- The rising of energies from the pelvis toward the throat and head relates to the sublimation of sexual and vital energies.
- As an inverted posture the so called “Queen of Asanas” has the legendary reputation of reversing time and bestowing youthfulness. The usual dripping of ambrosia (the subtle nectar of life) from Soma Chakra/ Luna (located in the area of the pallet) into the solar fire of Manipura Chakra is stopped by reversing the position of head and navel.

PHYSIOLOGICAL EFFECTS

- Stretches the shoulders and neck.

- Increases the blood flow to the brain.
- Stimulates the nerves passing through the neck to the brain.
- Tones the legs and buttocks, abdominal and reproductive organs.
- Drains stagnant blood and fluid from the lower part of the body, and increases circulation to these areas.
- Induces abdominal breathing.
- Balances the circulatory, digestive, reproductive, nervous and endocrine systems.
- Stimulates the thyroid, parathyroid, thymus, and prostate gland.

HEALTH BENEFITS

- Boosts the immune system.
- Improves vitality and anemia.
- Therapeutic for diabetes, colitis, and thyroid disorders.
- Beneficial for bone regeneration, and prevention of premature calcification.
- Relieving throat ailments, sinusitis and asthma, revitalizes the ears, eyes and tonsils.

- Regular practice helps to prevent cough, cold and flu.
- Relieves headaches.
- Therapeutic for menstrual disorders, leucorrhoea, infertility, prolapse and urinary disorders.
- Helps relieve the symptoms of menopause.
- Beneficial for impotence and hydrocele.
- Relieving hemorrhoids.
- Improves digestion.
- Therapeutic for epilepsy.
- Prevents premature greying of hair or alopecia.

VARIATIONS

- To free the neck and get a vertical body position a triple folded yoga mat or a big flat pillow may be placed under the shoulders. The head is placed on the floor.
- A common variation is to lower the hips and to bring the legs further in the direction of the head. In this variation the back is kept at an angle, firmly supported by the hands.

THE ULTIMATE GUIDE TO SHOULDERSTAND
APPLICATION





AKASHA
YOGA ACADEMY

WATCH THIS VIDEO TO LEARN MORE ABOUT THE APPLICATION OF SHOULDERSTAND



In this introduction video, Kirsten covers alignment cues and gives useful tips and tricks how to practice Shoulderstand in a correct and safe way.

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I) ENTERING

- Lie on your back with your arms alongside the torso, legs together, and your head in line with the spine.
- Roll your shoulders under by moving your scapulae together. Optionally lift your pelvis and interlace your hands under your buttocks.
- Lift your legs to 90°, bend your knees, roll up and bring your knees toward your face to shift your torso into a vertical position.
- Prop your back against your palm, and slowly straighten your legs to form a vertical line. With strong legs, push up through the balls of your feet. Make sure to keep a little gap between your feet.
- Move your elbows in to bring your upper arms parallel. Walk your hands down along your back toward your shoulder blades.
- Make sure not to move your head throughout the entire performance.

II) ALIGNMENT KEYS

- Shimmy your shoulders under your body and walk your elbows in.
- Rotate your shoulders back and down.
- Firm your quads and gluts as you reach your feet towards the sky.

III) HOLDING SPACE


- Close your eyes and let your breath soften. Allow for short and natural pauses after inhalation and after exhalation.
- Feel your breath as it passes through your neck, guiding your attention into your Throat Chakra.
- Observe your breath and body.

IV) HOLDING SPACE

- Bend your legs and lower your knees toward your face. Press your palms into the mat and roll down gradually. Keep your head on the ground.

- Stretch out your legs and take a breath to relax all of your muscles.
- Your body might feel lighter now as more energy shifted into your head and throat.
- Feel your mind calming down, your emotions soften and stress dropping away.
- Perhaps a sense a spaciousness and refinement, and a greater awareness of your Throat Chakra.



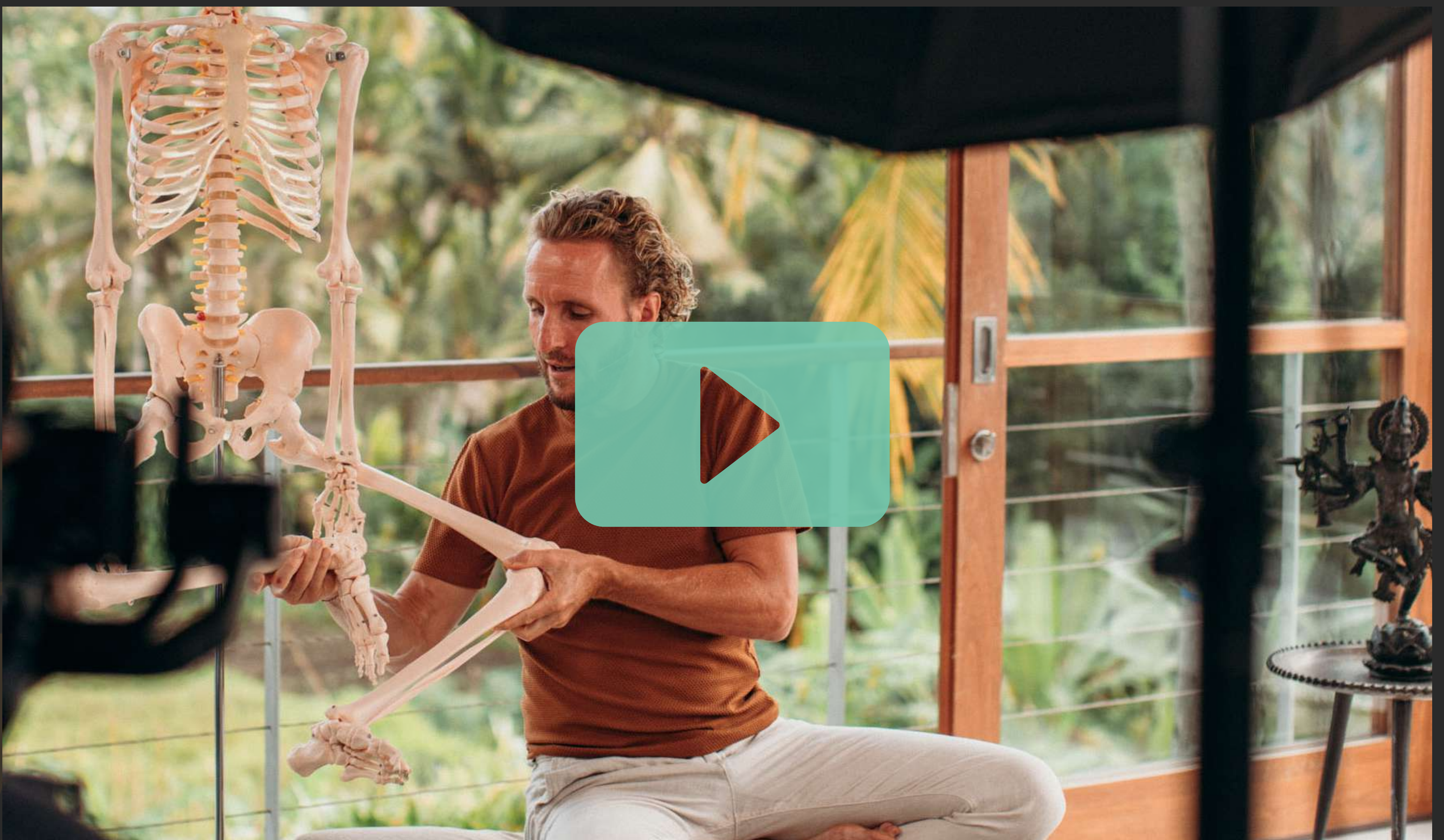
A man with a beard and curly hair, wearing a brown turtleneck and light-colored pants, is sitting on a mat on a balcony. He is holding a human humerus bone in his hands. To his left is a full human skeleton model on a stand. The background shows a balcony railing and lush greenery. The text 'THE ULTIMATE GUIDE TO SHOULDERSTAND' is overlaid in a white box with orange text.

THE ULTIMATE GUIDE
TO SHOULDERSTAND

ANATOMY



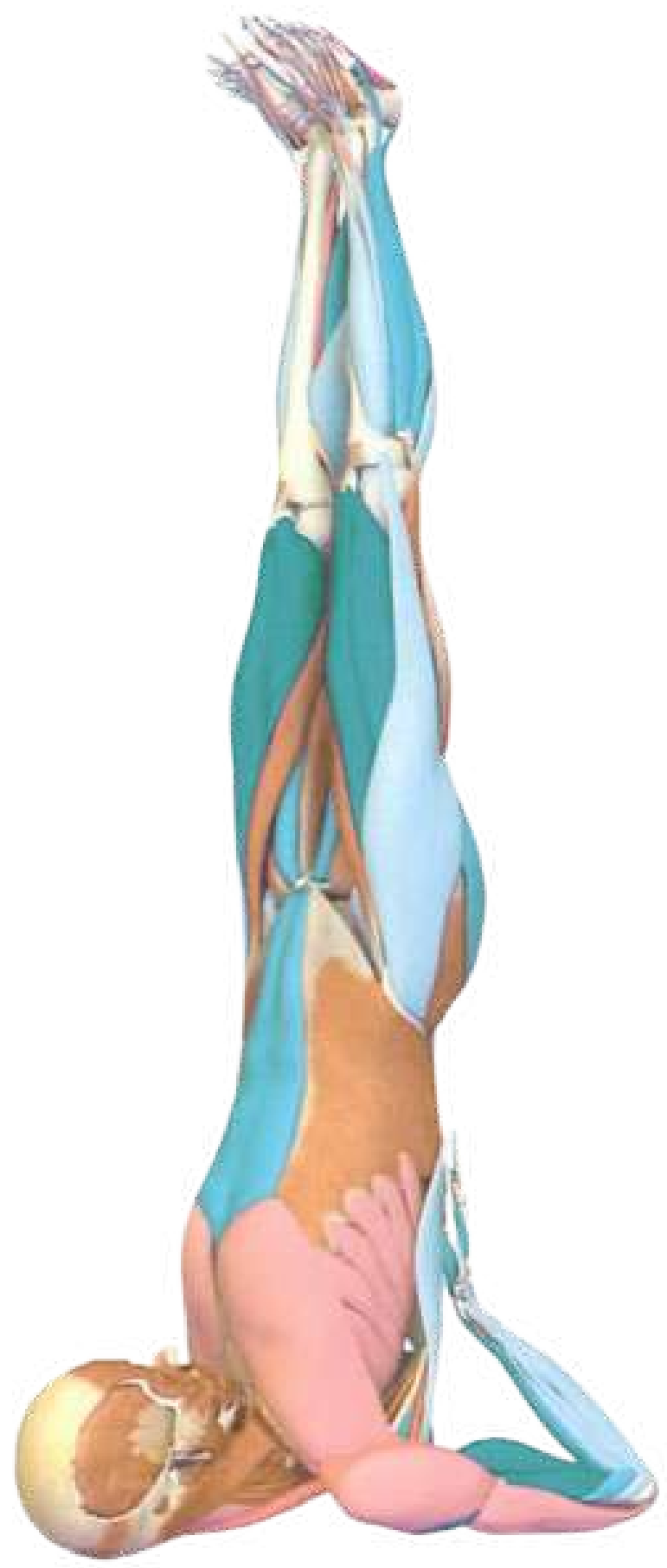
WATCH THIS VIDEO TO LEARN MORE ABOUT THE ANATOMY OF SHOULDERSTAND



In this anatomy video, Burkhard clarifies the key actions, and which muscle groups are engaged and stretched in this posture.

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SARVANGASANA

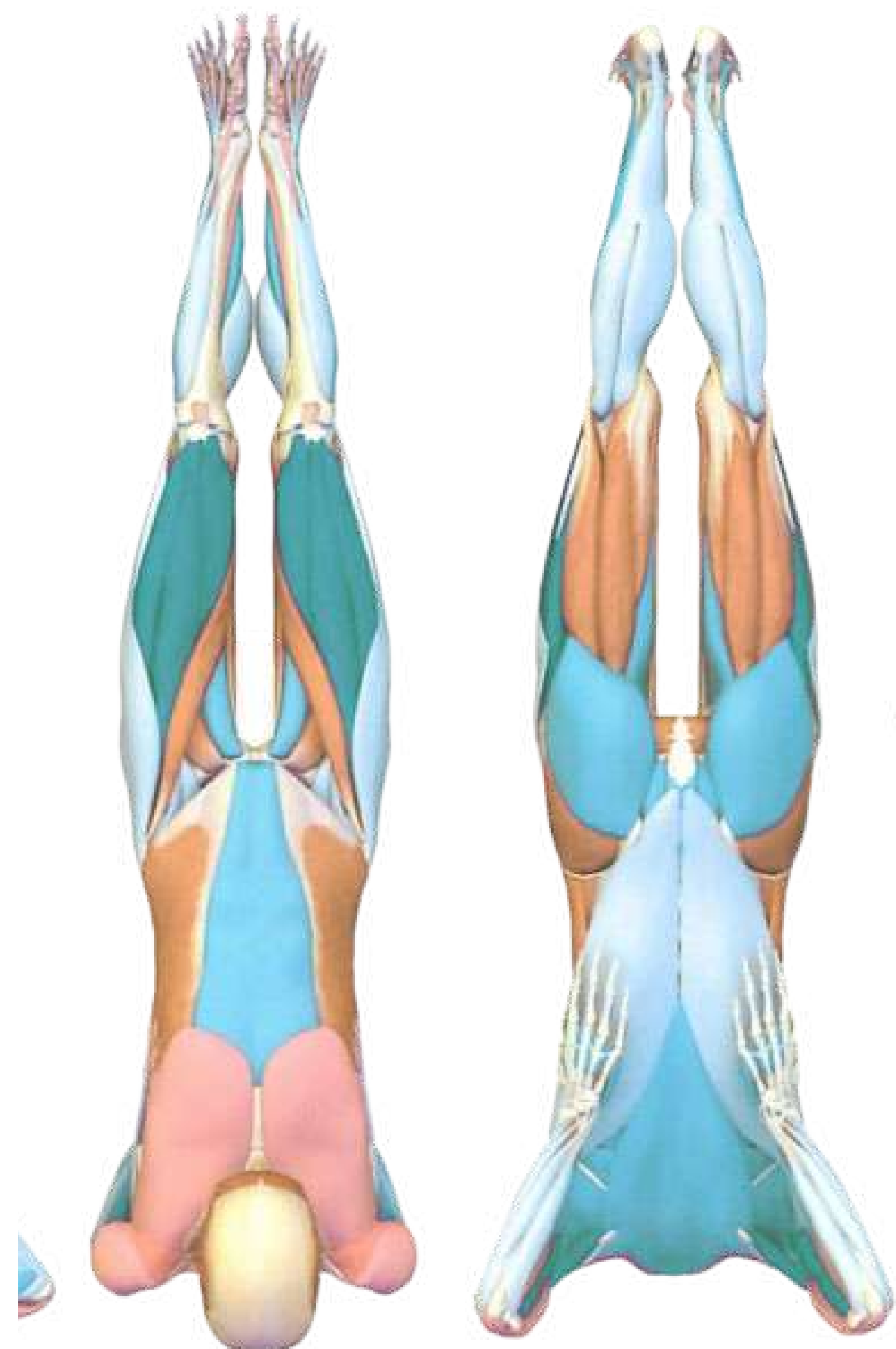


Key Actions:

- Supine inversion
- Cervical flexion

Stretching:

- Serratus anterior
- Pectoralis major
- Anterior deltoid



Contracting:

- Quads
- Gluteus max, psoas
- Abdominals
- Most spinal muscles
- Trapezius, rhomboid,
- Rotator cuff
- Biceps brachii



JOIN OUR FAMILY ONLINE 200-HR YOGA TTC





We hope you enjoyed exploring the Shoulderstand pose with us. If you would like to dive deep into the heart of authentic Yoga, join us at Akasha Yoga Academy for a life-changing experience

Turn your passion into a meaningful profession with our 200- Hour Online Yoga Alliance Certified Training

 Discover your purpose

 Turn fear into courage

 Deepen your practice

 Teach with confidence

 Become an authentic yoga teacher

 Transform your life and many others along the way

Get in touch with us and learn more about our program

BOOK A CALL



CHAT WITH US



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WATCH THIS VIDEO TO LEARN MORE ABOUT US

200-Hour
Online
Yoga TTC



Get in touch with us and learn more about our program

BOOK A CALL



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WE KNOW THIS IS A BIG STEP FOR YOU

So we do everything to make this the best investment of your life



5.0/5 Stars – Facebook Testimonials



4.8/5 Stars – Google Maps Reviews



4.8/5 Star – Yoga Alliance Verified Reviews



5.0/5 Star – BookRetreats Verified Reviews



4.5/5 Star – BookYogaRetreats Review Score

Over the past decade, we empowered more than 600 awesome Yoga Instructors—who are now successfully teaching on all 6 continents.

What our 600+ graduates say about us



"I am so grateful for this amazing experience. I am honestly speechless and have no words to express the gratitude I have in my heart. This TTC was exactly the next step for my spiritual journey and I can feel a newfound momentum. My life will never be the same, and this is a beautiful thing. Thank you for helping me grow and dive deeper."

ASHLEY FROM THE USA

"For me the course was not only inspiring, but transformative! I first got into yoga for the asana practice, but I soon realized that there was more to it. I have found so much meaning in the teachings of yoga and I am ready to apply them to my life. Moving forward, I know that I can trust in myself and in the universe. For the first time in my life, I feel connected."

ARIANNE FROM CANADA



[More Testimonials](#)

WHY CHOOSE AKASHA?

WHAT MAKES US SPECIAL

TRAIN WITH MASTERS

Akasha Yoga is the real deal. Senior, devoted teachers with decades of experience guide you every step of the way. Dive deep into fundamental Yoga scriptures. Learn breath-based asana, pranayama, meditation, and anatomy. Grow a spiritual foundation for authentic practice. Develop and practice key teaching techniques for safe, expert guidance and alignment.



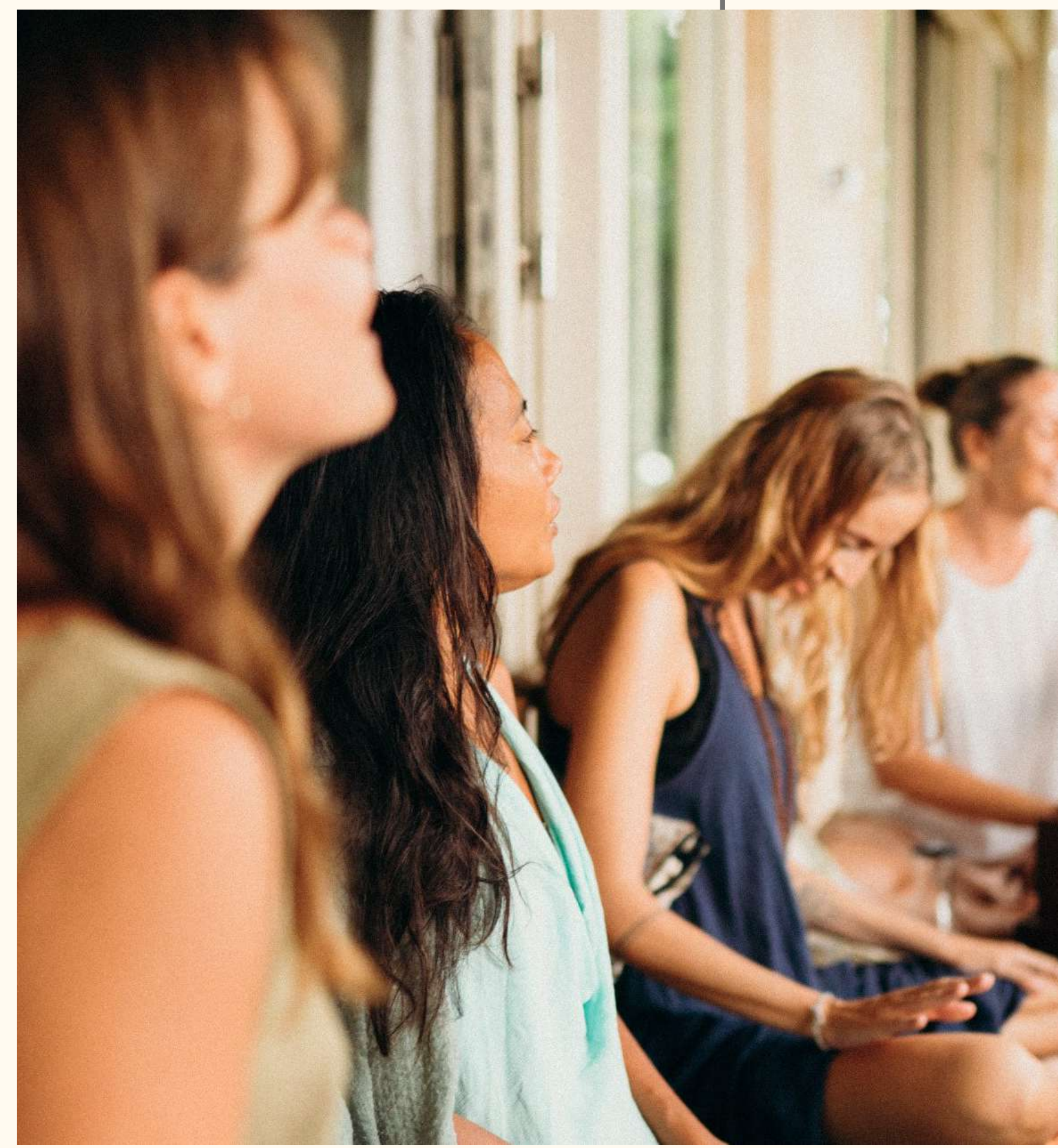
LEARN AT YOUR OWN PACE

Study at a rhythm that's right for YOU. Unlike other Yoga schools, our 200 hour certified online Yoga Teacher Training course is designed to give you total freedom to study and practice at a pace that suits your life, while receiving live support and feedback. Immerse yourself in intensive 1-month training or spread it out over 3 or 6 months. You will develop a flow that puts you in charge of your Yoga journey.



JOIN OUR COMMUNITY

Learning doesn't happen in isolation. When we connect with like-minded people we grow our understanding and deepen our compassion. Daily Zoom calls allow you to practice in a fun and interactive group setting, ask questions, listen to others' insights, and foster life-long connections. You will have lifetime access to instructional resources and an international community of Yoga practitioners.



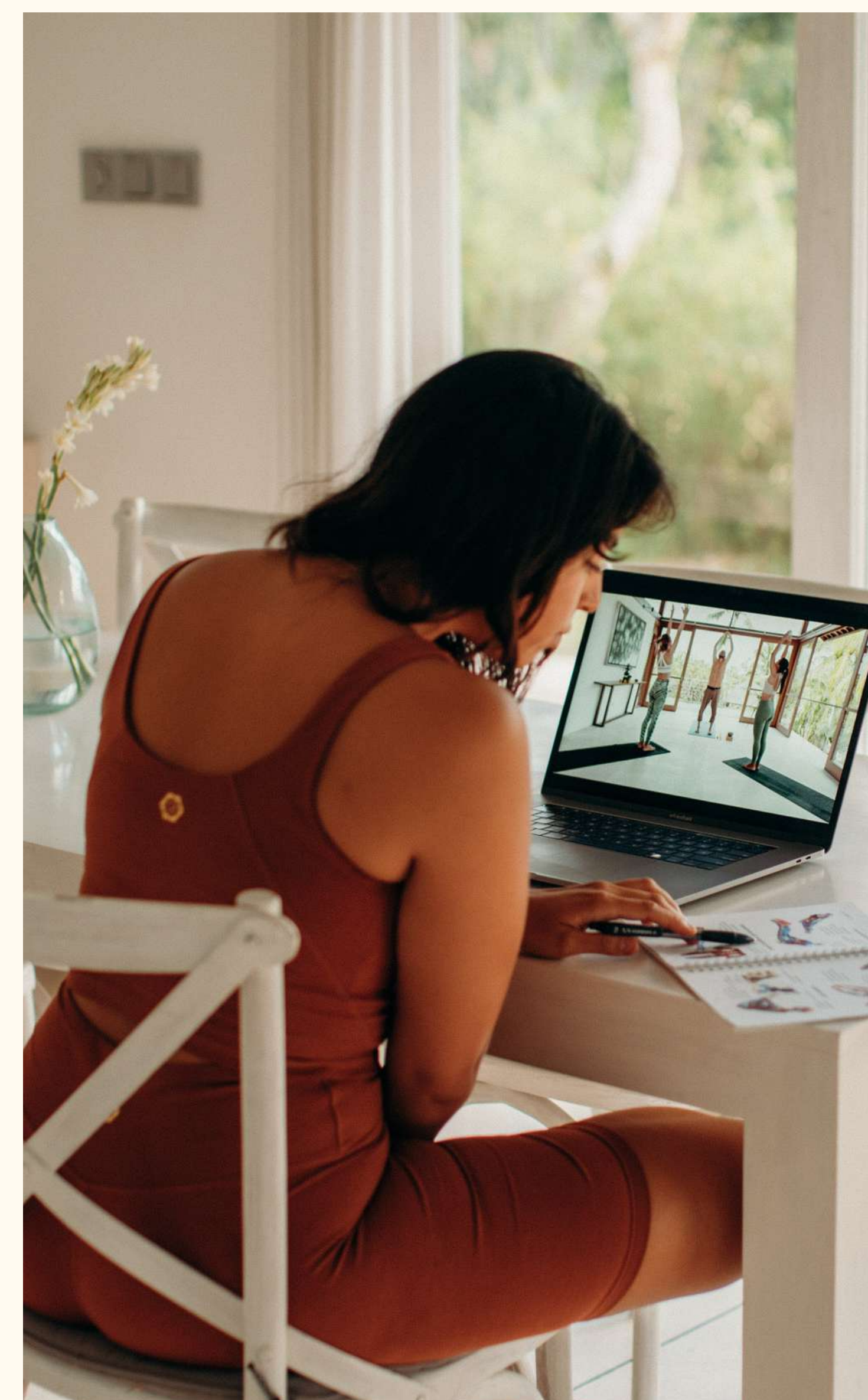
TRANSFORM YOUR LIFE

This immersive yoga training course teaches you how to surrender to the moment and live with greater awareness and intention. Heart-opening techniques, meditation, and breath-based asana guide you through a deep and transformative inner journey that will enhance your relationships and change the way you see the world.



LIVE SUPPORT AT EVERY STEP

This is a fully supported interactive Online Yoga Teacher Training with plenty of opportunities for direct communication with your teachers, mentors & fellow students. Our caring & experienced team is fully available to guide you in real-time at every step, helping you with whatever arises. Get inspired in our daily live sessions where all questions & concerns are personally addressed by senior teachers. You will leave with new heartfelt friendships – and the confidence, skills & certification to teach Yoga anywhere in the world.



MEET YOUR TEACHERS



Our life-changing courses transmit theory & practice of classical Yoga & meditation, delivered by knowledgeable & passionate senior teachers in a safe & nurturing learning environment.

BURKHARD

INSPIRATION

“Philosophy means Love of Wisdom. I am captivated by the great wisdom traditions – especially the Yogic philosophies of India. It is my passion to share the practical relevance of these ancient ideas in modern life. My aspiration is the integration of science & spirituality, and a unified understanding of Eastern & Western philosophies.

EDUCATION

I graduated with a Master’s degree in Critical Psychology from the Free University of Berlin, where I studied Education & Ken Wilber’s Integral Theory. In parallel to my academic interests, I began in 2001 to explore the practical side of spirituality by traveling to the roots of Yoga in India.

Since 2007 I am living year-round in Asia, where I dedicated more than 5000 hours to the study of yogic practices:

The journey began with a truly thorough exploration of classical Hatha & Kundalini Yoga. My practice of mindful meditation started in the Buddhist Vipassana style, learning from Ajaan Tong Sirimangalo and other masters in Thailand.

With my meditation teachers Sahajananda & Mooji, I discovered the Oneness teachings of Advaita Vedanta. Hareesh Christopher Wallis allowed me to deepen my understanding of non-dual Kashmiri Shaivism.

I understood how to unify these profound wisdom traditions in a simple breath-based asana practice, following the lineage of Krishnamacharya.

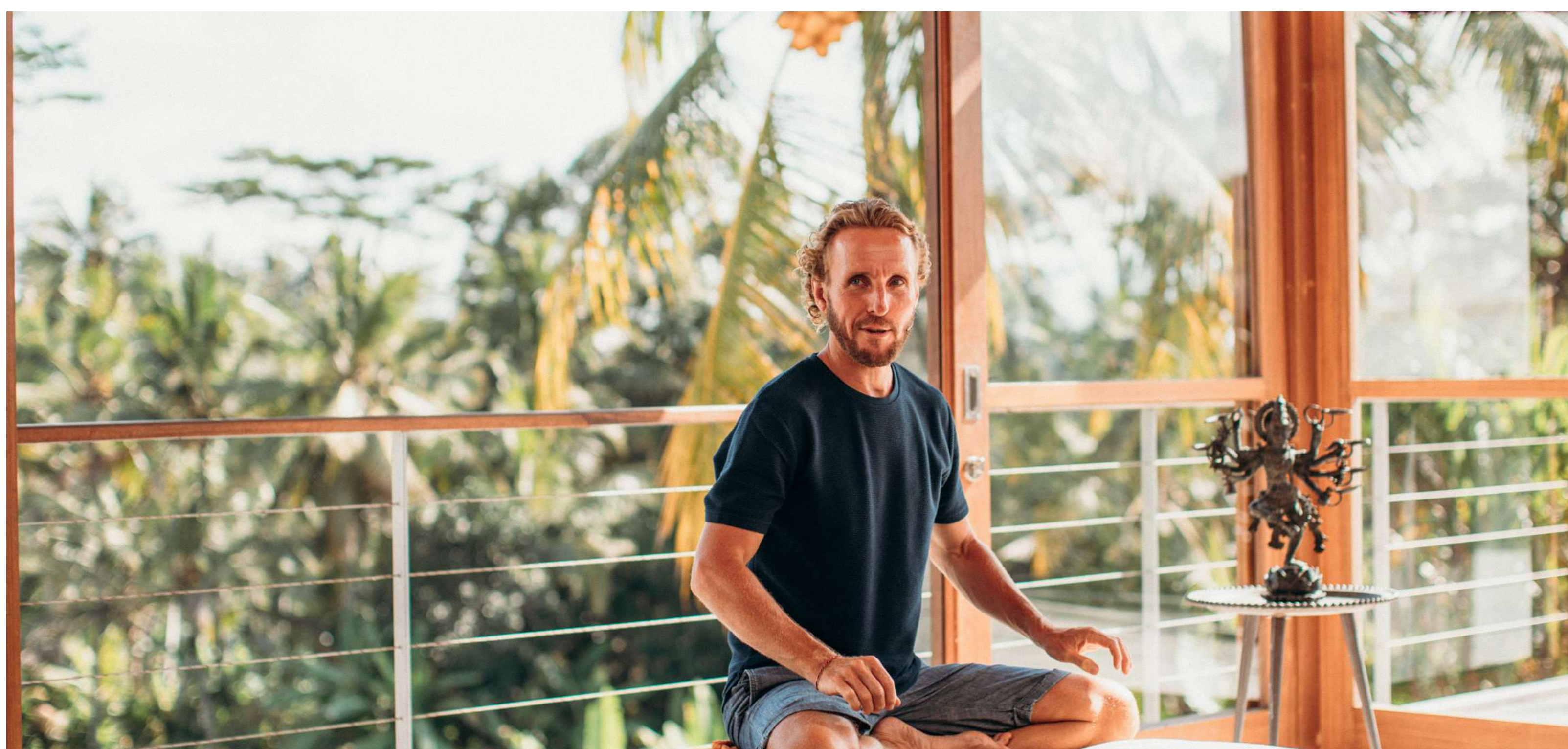
Over the years, I joined more than two dozen 10-day silent meditation retreats, concluded a 49-day solitary meditation retreat in the jungle of Thailand, and immersed my Self in various darkroom Kayakalpa retreats.”

CERTIFICATION

Burkhard is a Yoga Alliance certified and Experienced Registered Yoga Teacher at the highest level (IYF & E-RYT-500). In addition to thousands of hours of retreats & workshops, he completed a 500-Hour Hatha Yoga Teacher Training, a 500-Hour Hridaya Yoga & Meditation Teacher Training, a 100-Hour Yin Yoga Teacher Training, and a 200-Hour Breath-Based Yoga Teacher Training.

Since 2008, Burkhard has been sharing his vast experience in a variety of contexts, including Yoga Teacher Trainings, meditation retreats, workshops & life-coaching sessions. He has been teaching in various locations across Asia, Europe & America. Together with his dear friend Kirsten, he founded in 2011 the Akasha Yoga Academy.

TESTI MONI ALS



“The depth of his practice is brilliant. He really holds the space well, and opens from the heart consistently.” – Zoran from Canada

“Burkhard is extremely intelligent, kind, giving. Sometimes firm, but always spot on in his comments and psychological understanding of a person.”
– Anastasia from Germany

“I loved the passion & generosity of Burkhard. He shares his deep knowledge on many topics with unconditional love.” – Rafaella from Italy

KIRSTEN

INSPIRATION

“In my experience, breath-based movement is an effective & joyful way to re-center and to touch base with the Heart of the moment. Practicing Hatha Yoga and sharing the practice are both essential parts of my everyday life. In the vast field of Yoga, my interest & passion belong to classical breath-based, slow flow Hatha Yoga, and long-held deep Yin Yoga poses.

EDUCATION

I love when movement practices lead into silent contemplation and stillness. This is the way I practice, and this is what I teach. I started my own Yoga journey during university times as I studied architecture & art history. Yoga first caught my attention on a trip through South India in my early twenties. My introduction to Yoga included a classical static style of Hatha Yoga integrated into a holistic way of living, including breathing practices, diet, cleansing routines, mantra chanting, etc. My interest in Yoga & meditation, and the call to dedicate more of my time & energy to self-discovery, led me to journey through India & South East Asia for more than a decade. And that adventure continues even today!

In 2007, Yoga moved from being a cherished side aspect of my life to being its center. Since then, many years have been dedicated to classical Hatha & Yin Yoga practice & studies, to meditation, contemplation & retreats, and to the investigation into the Essence of Life.

My Hatha Yoga & meditation practice is inspired by Krishnamacharya's Vinyasa Krama, and I am moved by the pointing of Mooji, which profoundly pulls the Yoga teachings off the mat into a moment by moment inquiry.”

CERTIFICATION

Kirsten teaches classical Hatha Yoga & pranayama, Yin Yoga & meditation. She is certified by the Yoga Alliance as an Experienced Registered Yoga Teacher at the highest level (E-RYT-500).

Since 2008, she has been presenting drop-in asana classes, workshops & meditation retreats, as well as a variety of 200-Hour & 500-Hour Yoga Teacher Trainings. On her way, she supported her teachers to setup & run Yoga centers in Mexico & Thailand, before she co-founded the Akasha Yoga Academy with her dear friend Burkhard in 2011.

TESTI MONI ALS



“Kirsten is very much to the point, captivating, precise & enthusiastic.”
– Nadine from Germany

“Kirsten comes directly from the heart, which is soothing, patient & understanding.” – Zoran from Canada

“Kirsten is super clear & precise. She has a beautiful presence. She is motherly, but not patronizing, kind & compassionate.” – Anastasia from Germany



DEVIDAS

INSPIRATION

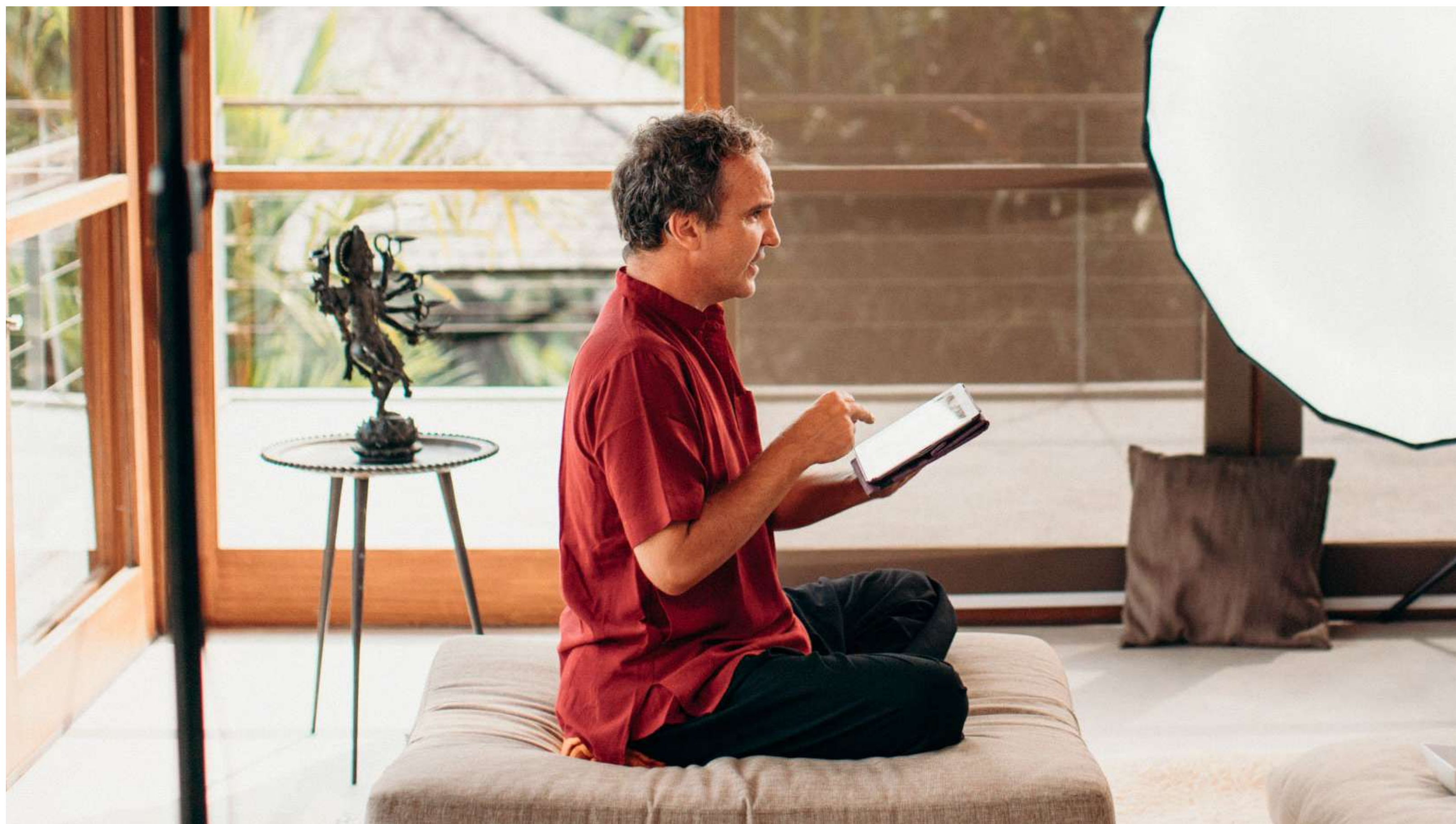
“By Grace, I discovered Hatha Yoga when I was just 16 years old, and it was love at first sight. By the time I was 18, I had discovered meditation & pranayama, and the love was growing deeper & more profound. Later, I moved to India, and spent twelve years of my life teaching meditation, kirtan & pranayama in the sacred land which gave birth to Yoga. For this privilege, there are no words that can describe my gratitude.

On my way, I have been deeply blessed by many powerful teachers, probably the most profound connections have been with Swami Jnanananda and Sri Mooji. Yoga has given me more than I could have ever imagined. It is my great joy and honor to share all that has been given and learned in my life-long love affair with the art & science of Yoga.”

CERTIFICATION

Devdas is a Registered Yoga Teacher (RYT-500), who is trained to teach meditation, pranayama & Hatha Yoga. Before joining the Akasha Yoga Academy team, he taught Yoga for twelve years in several major cities of India. He helped set up & run several Yoga & meditation centers, and has been sharing the joy of selfless service Seva & Kirtan chanting all around the globe... in America, Italy, Portugal, India, Bali, Thailand, Mexico, and beyond!

TESTI MONI ALS

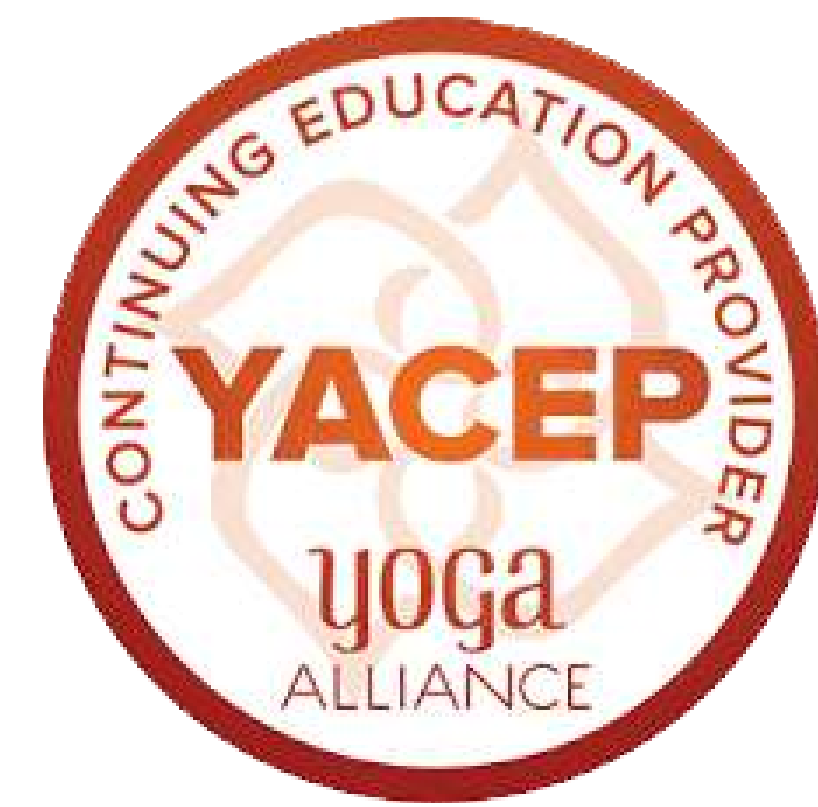
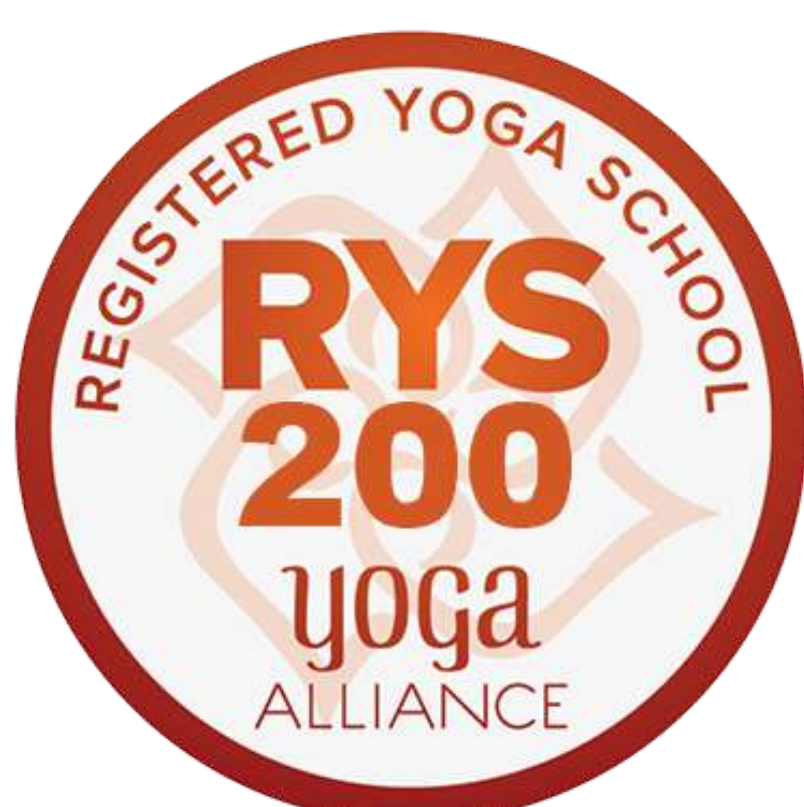


“The way Devdas holds space and lectures is amazing. I feel blessed to have had the opportunity to learn from him.”
– Rebecca from the US

“Devdas reminded me to be kind to myself. It was such a beautiful experience just to be in his company.”
– Camille from the UK

OFFICIALLY REGISTERED

The Akasha Yoga Academy is a Registered Yoga School (Registry-ID: 87485) since 2012, and our lead teachers are Experienced Registered Yoga Teachers at the highest level (E-RYT-500 - Registry-IDs: 86166 & 155442).





WATCH THIS VIRTUAL TOUR

Most of your questions are answered in our in-depth introduction video. Discover our clearly structured curriculum and get inspired by the breath-taking quality of our life-changing course by watching this clip:



Get in touch with us and learn more about our program

BOOK A CALL



CHAT WITH US

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AKASHA
YOGA ACADEMY

WHAT IS INCLUDED ?



- ✓ Rich & interactive curriculum that meets & exceeds official requirements
- ✓ Professional teachings based on decades of committed research, study & practice
- ✓ 200+ state-of-the-art video lessons filmed in our exclusive "BALIWOOD" studios and compatible with any device
- ✓ Guided practice and theory, basic asanas and sequencing, breathwork, meditation, philosophy, anatomy, teaching methodology, and self-practice

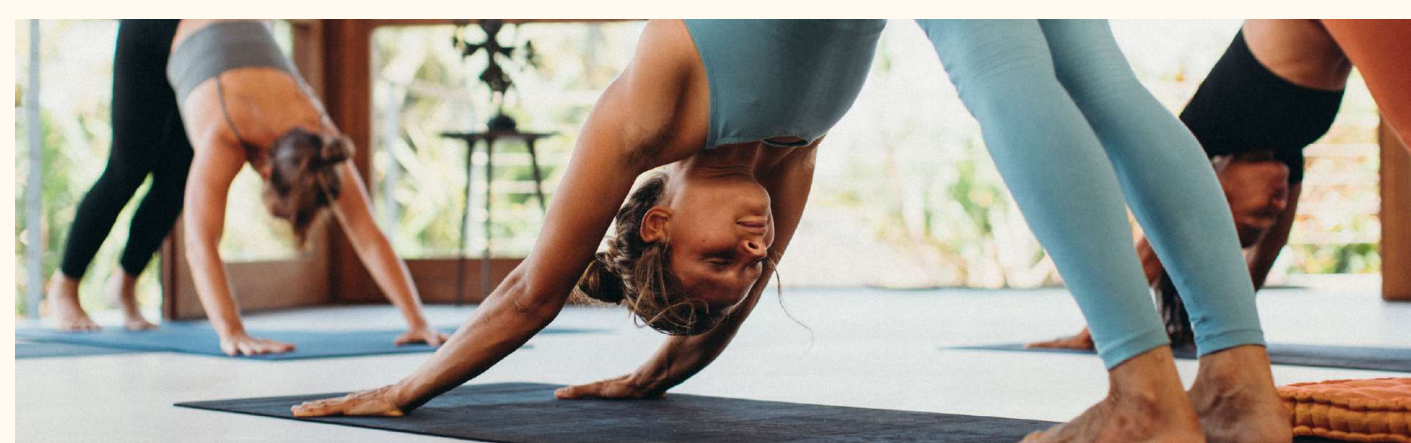
- ✓ Guided practice and theory, basic asanas and sequencing, breathwork, meditation, philosophy, anatomy, teaching methodology, and self-practice
- ✓ Connect with a worldwide community of beginning and experienced Yoga practitioners and teachers
- ✓ Lifetime access to all videos and training materials

- ✓ Mentoring for professional development, marketing, and networking
- ✓ Weekly Bhajans chanting with our teachers
- ✓ Akasha Yoga comprehensive training 700+ page manuals

MANUALS

ASANAS

CLASSES



WELCOME

Turn your passion into a meaningful profession with our Yoga Alliance certified courses. Learn & experience a deeper level of Yoga in both philosophy & practice.



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Journey with us into the Depths of Yoga

LOOK INSIDE

The image features a central composition of digital and physical elements. At the top, a tablet displays the website's navigation menu with a golden lotus logo and links for 'WELCOME', 'MANUALS', 'ASANAS', and 'CLASSES'. Below the tablet, a smartphone shows a detailed view of the 'WELCOME' page, including a photo of a man in a meditative pose and a paragraph of text. To the right of the smartphone, a large photo shows three women in a yoga studio performing a lunge with arms raised. Below this, a row of four smaller photos depicts different yoga practices: a man reading, two women in a lunge, and a woman in a downward dog pose.

WELCOME

MANUALS ASANAS CLASSES

MANUALS ASANAS CLASSES

WELCOME

...sion into a meaningful profession
...oga Alliance certified courses.
...encea deeper level of Yoga in both
...hilosophy & practice.

Akasha Yoga guides you step-by-step through a 200 Hour Certified Hatha Yoga Teacher Training course that combines practice, philosophy, and self-awareness with whole-hearted support from experienced Yoga teachers.

OUR COURSE

Deepen your practice. Discover your purpose. Teach with confidence.

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PRACTICE &
THEORY

PART 1

Asanas & alignment training, cleansing breathwork, heart meditation, practical philosophy, art of living, chakras

YOGA
PHYSIOLOGY

PART 3

Scripture Study: Bhagavad Gita, Yoga Sutras, purification, Yogic diet, sequencing, teaching of own 60-minute Yoga class

PRACTICUM &
HOW TO GET
STARTED

PART 4

History of Yoga, self-practice, own teaching of a 90-minute Yoga class, marketing & networking

ANATOMY &
POSTURE

PART 2

Advanced asanas & pranayama, bandha, applied Yoga anatomy, teaching skills, adjustment training & posture study





PRACTICE

- 60 Hours of Asana
- 20 Hours of Pranayama
- 15 Hours of Meditation

THEORY

- 40 Hours of Yoga Anatomy & Posture Study
- 50 Hours of Lectures on Applied Philosophy & History
- Teaching Techniques & Instructor Skills



TEACHER EDUCATION

Personally Supervised Practicum

Assignments with:

- Guided Prep
- Video Recording & One-on-One Feedback
- Marketing, Networking & How to Get Started

PERSONAL GUIDANCE & FUN

- Various Interactive Elements such as Daily Live Q&As
- Community Forums, Private Facebook Group & Chats
- Bhajan Chanting & so much more



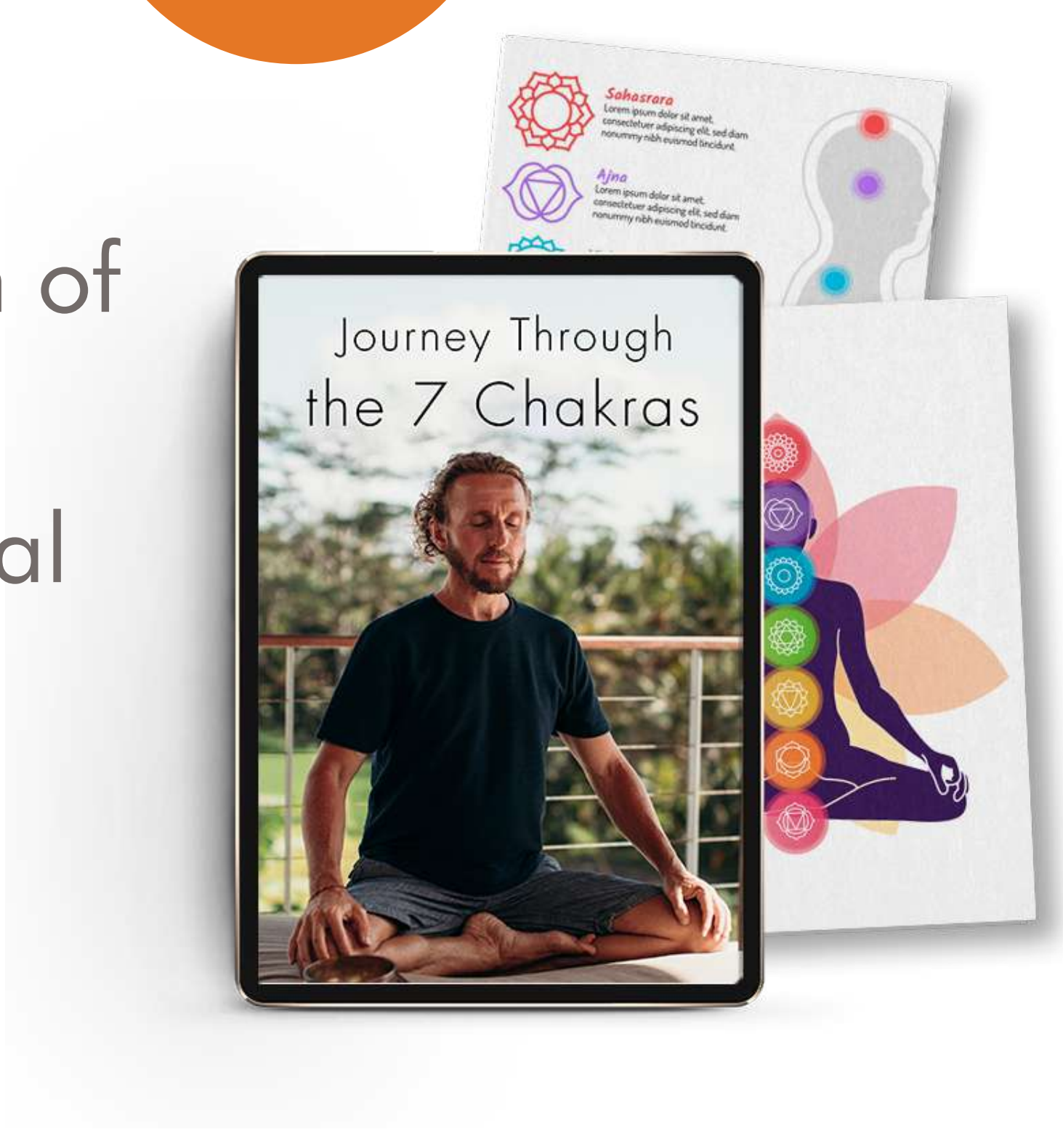
Plus you get these incredible bonuses for FREE!

US\$175
Value

BONUS #1

Journey through the 7 Chakras

In this introduction workshop, we present the system of the famous 7 Chakras. You will receive a clear understanding of the classical roots and modern interpretations. In this comprehensive overview you will learn about energetic aspects, corresponding emotions, and psychological attributes.



US\$125
Value

BONUS #2

5 Bodies

In this eye-opening workshop, we introduce the yogic system of the 5 Bodies. You will benefit a lot from this ancient holistic description of the human being – formulated 2500 years ago, yet fully relevant in our modern times. You will walk away with a clear & practical understanding of the different layers & aspects of our being – ready to apply this wisdom into your daily life.



US\$159
Value

BONUS #3

Heart of Bhakti

A gathering of powerful chanting, sharing & heart connection. Shake off stagnant energy – reset – and come back to your center. Join the Akasha Family & awesome guest artists



Plus you get these incredible bonuses for FREE!

US\$105
Value

BONUS #4 How to Teach Yoga Online

In this course, Akasha Yoga shares their first-hand experience of how to bring your Yoga classes online.

Receive all the audio, lighting, and camera tricks and tips to make your offerings online a successful experience.



US\$30
Value

BONUS #5 Yoga Liability Waiver

This waiver template is an essential document for any Yoga teacher that informs the students of the risks involved in practice and can also protect you and your business from any legal issues.



Start Your Yoga Journey Today!

BOOK A CALL



CHAT WITH US

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YOGA ACADEMY

INVESTING IN YOURSELF

We aspire to provide the best possible quality for very reasonable prices. The usual rate for our 200-Hour online training is **US\$1700** plus **US\$459** on bonus courses for a total value of **US\$2159**.

However, due to the ongoing nature of the global pandemic we have decided to slash our prices by **50%** to assist in these challenging times, bringing the total tuition to a very affordable

US\$ 850 only!

To reserve your space, you may choose between PayPal and a credit card via our **BOOK NOW / SIGN UP NOW** links in our website to our secure payment site (Transaction fees may apply).

ENROLL NOW

ENROLL NOW: WWW.AKASHAYOGAACADEMY.COM





AKASHA
YOGA ACADEMY

PAYMENT PLAN

To make the course accessible to more people, we are offering 3 month payment plans. You will be able to immediately access the course and have your payment divided into 3 parts.

Start your journey into the heart of Yoga!



3 months plan

\$300/mo
FOR 3 MONTHS

ENROLL NOW



Pay in Full

\$850
1 TIME PAYMENT

ENROLL NOW