

Head Stands: Wall



- Place your head on a pillow on a wall with both hands for support as pictured above and hold the position for up to 1 minute or to fatigue.
- Be sure to keep your shoulders relaxed down away from your ears and your chin tucked down slightly to relax the neck.
- As you become stronger, place your head lower on the wall and/or progress to holding the position standing on one foot.
- Do not go so low that you feel you may fall.