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#Wellness Wednesday - Yoga For Life: Week 75



Shoulder Pressing Pose/Bhujapidasana

Benefits:

- Strengthens shoulders.
- Improves balance.
- Can also help tone belly.

Foundation & General Alignment:

- Start sitting on butt, bring legs around arms and hook feet together and lift bottom up.
- To strengthen shoulders you must lift with the shoulders, to do this you have to push downward with your shoulders for the extra lift.
- Keep body toned.
- You should be using your core to lift your knees off the ground.

- Keep your shoulders away from your ears.
- Neck is evenly extended, head is looking forward.

Common Problems:

- Legs are not completely lifted.
- Shoulders are not being used for extra lift.

Modifications:

- Feet do not have to be hooked together.
- Can also be done on blocks for added height.

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