



THE
WELLNESS
SCHOLAR
learn. grow. flourish.

LEGS UP THE WALL

A Simple Pose. Powerful Benefits.

Legs Up the Wall (Viparita Karani) is a gentle, restorative yoga pose that can help your body relax, reset, and restore balance—naturally.

BENEFITS OF LEGS UP THE WALL



Reduces Stress & Anxiety

Calms the nervous system and promotes deep relaxation, helping to reduce feelings of stress and overwhelm.



Improves Circulation

Encourages blood flow back to the heart, which can reduce swelling in the legs and feet.



Supports Better Sleep

Helps quiet the mind and prepare the body for restful, restorative sleep.



Relieves Fatigue

Eases tired, achy legs and helps release tension from the lower back.



Supports Lymphatic Drainage

Helps the body release toxins and reduce inflammation.



Promotes Calm & Clarity

Creates space to pause, breathe, and reconnect with yourself.



How to Do It

- Sit sideways next to a wall and gently swing your legs up as you lie back.
- Scoot your hips as close to the wall as is comfortable.
- Rest your arms by your sides, palms facing up.
- Close your eyes and breathe deeply.
- **Stay for at least 10 minutes.**



Give yourself at least **10 minutes** in this pose to experience the full benefits.

It's a small act of care that makes a big difference.



thewellnessscholar.com