



## 2. WALL ROPE YOGA

### ABOUT WALL ROPE YOGA

This specialised class is practiced on a Yoga Wall system that uses ropes, pelvic swings and other props to help enhance traction and extension of the body in different yoga poses. It was developed by BKS Iyengar, who used it as a prop to support and intensify his asana practice.

### BENEFITS (two lines)

According to his eldest daughter Geeta S. Iyengar, a rope wall can be an invaluable tool for students who are stiff, weak or unable to perform certain asanas independently.

### BENEFITS OF WALL ROPE YOGA

1. Because the body is secured by the ropes and fixed with the feet, a pose like Downward Facing Dog (Adho Mukha Svanasana) can be practiced for a longer period of time. This gives the practitioner an opportunity to refine their breathing and go deeper into the experience of asana.

2. It helps to improve back-arch and to achieve easily, poses like Urdhva Mukha Dhanurasana (Wheel pose) which are helpful for the correction of hunch-back and lung expansion.
3. Rope yoga exercises enhances the body awareness and mobility working on even those joints that are usually left unaddressed. Thus, yogis utilize this practice as an aiding tool to experience proprioception.
4. It helps achieve meditative states, as using ropes to enter a pose enhances the duration of holding a posture. This eventually gives more time for focused breathing while practicing yoga to reach higher consciousness.
5. Practicing with the support of a rope wall, inversions like Headstand (Sirsasana), allows the student to remain upside down for a longer period of time, without their body weight resting on the crown of the head. The body is completely allowed to release, while simultaneously hanging upside down in suspension.
6. Similarly, wall rope yoga is beneficial in improving the concentration and memory retention more than any usual practice. Another major benefit of rope yoga is invigoration of the muscles and improved balance of the body.