

The **Viparit Karani Box** is a highly recommended yoga prop for variation on **Yoga poses**. Due to its curve shape it creates the correct opening in chest area. **Viparit Karani** is a passive supported yoga position. It is an essential relaxing and restorative **Yoga position**. This yoga prop provides the necessary support and stability for yogists to do the pose. **Viparit** a Sanskrit word means inverted or turned around. **Karani** is action. **Viparita Karani** is the action of inverting yourself. It has been translated as the '**Inverted Lake**' pose. This posture is also called "**Legs-up-the Wall**" pose

Weight: 3.2kg

Size: L 38cm x W 23cm x 30.2cm

Material: Wood