**Introduction**

In yoga, the reverse means that yogi’s heart settles in a higher elevation than his/her head. But here we look at the reverse asanas, which the pelvis and the legs in addition to the heart are upper than the head. Advanced reverse asanas could be challenging for yogi, but the lighter asanas helps him/her overcome his fear of moving backwards.

One properties of reverse situation is producing rich and fresh blood on which nerves are fed by circulation of it in brain and toxins are removed from body.

The other characteristics are the ones when breathe becomes deep and slow while conducting reverse situation, therefore exchanging carbon dioxide and oxygen attains to its final limit.

Exercise should be at least three hours after eating and at least half an hour after heavy warm-up, reverse situations could start until body could remove tensions from heavy movements.

Till breath and heartbeat getting normal, practicing shavasana exercise after each reverse exercise is necessary. Many of people omit the reverse movements. This is a wrong action because reverse movements are based on asanas exercises. We review these movements that follow:

**When can we start learning advanced asanas**

Need to skill acquisition in basic asanas of yoga for practicing advanced asanas. Also we need practice, persistence and intrest for learning super-advanced yoga movements.

By some simple yoga practices it could be consequent.

1. Having commitment to your practices.
2. Focus on your breathe.
3. Practice is prior to way of perform.
4. Dynamic and static movements requisite yoga practices.
5. Focus on shape of backbone.
6. Practice slow and continuous.