



BRIDGE

इष्टु bandhaḥana

KEY INTENTION
TO ALLOW YOU TO
EXPRESS YOURSELF WITH
AUTHENTICITY

The bridge posture releases energy blocked at the base of your spine allowing it to flow freely up to the top. It also creates a 'bridge' between head and heart, body and mind, outer persona and inner self. The centre of communication is stimulated. As a result, you gain a great sense of integration and inner strength.



Imagine the spine is a chain and the vertebrae are its links. Feel the chain loosen as you lift the sacrum.

1
NORMAL

From a supine position, bend your knees and place your feet flat on the floor close to your buttocks. The feet are at least a hip-width apart and parallel. Your arms rest by your sides, palms down. Breathe normally.

2
INHALE

Tilt the tail bone slightly upwards, then raise the pelvis very slightly off the floor by contracting the buttocks and abdominal muscles while pressing the feet firmly into the floor.

3
EXHALE

Lower yourself down vertebra by vertebra finishing with the tail bone.



Avoid this posture if you suffer from:

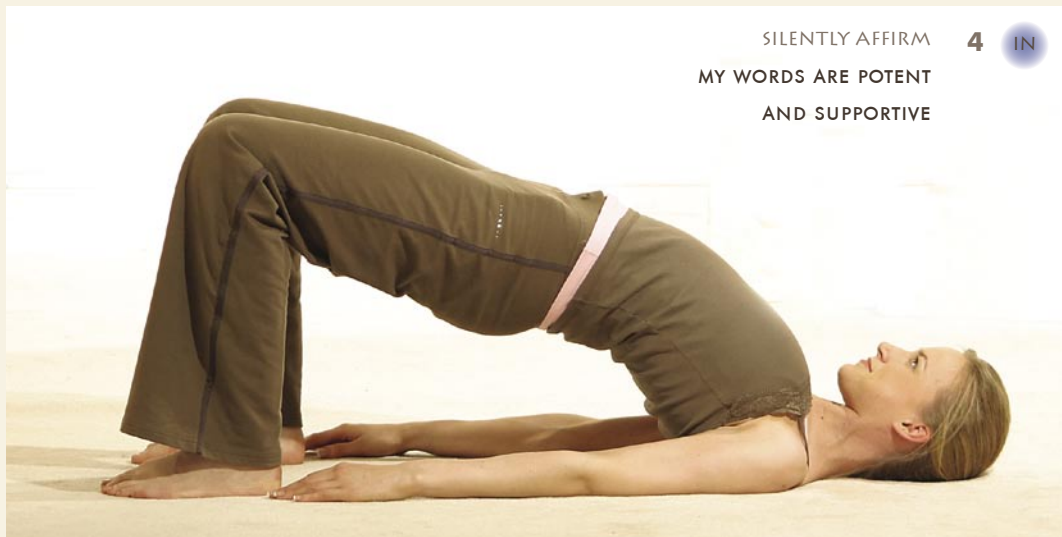
- ☞ rheumatoid arthritis
- ☞ acute cervical disc problems
- ☞ neck problems.

Exercise caution if you have an overactive thyroid.

The bridge is very beneficial during the first 6 months of pregnancy as long as you do not over-arch the lumbar spine, but should not be performed during the last 3 months.

SILENTLY AFFIRM
MY WORDS ARE POTENT
AND SUPPORTIVE

4 IN



As the spine rises, visualise soft light flowing up the spine to the throat.

Repeat steps **2** and **3** several times in a continuous wave-like movement, raising the pelvis and the spine a little higher off the floor with each in-breath and uncurling the spine slowly and gently back onto the floor with each out-breath. Engage the core muscles as you lift and lower the pelvis.

4 Finally, rise up as far as is comfortable.

INHALE

NORMAL

Breathe normally and enjoy the power of the posture.

5 To conclude, lower the spine slowly, vertebra by vertebra.

EXHALE

Relax deeply for a few moments.

BODY BENEFITS



The bridge encourages a healthy posture by:

- ☞ aligning the spine
- ☞ increasing overall flexibility of the spine
- ☞ strengthening and relaxing the lower back
- ☞ loosening tight shoulder muscles.

The bridge also:

- ☞ tones the abdominal muscles, buttocks and thighs
- ☞ gently stimulates the thyroid
- ☞ opens the heart
- ☞ eases depression.