



BRIDGE POSE

Our spines are designed to allow us to bend backwards but modern western lifestyles rarely see us do so. More often our spines are rounded forward. Bridge pose is a wonderful opposite to sitting. It is restorative to posture and calming to the mind for everyone but especially desk workers, cyclists, rowers and hockey players.

- Start lying on your back. Draw your feet towards your buttocks until your feet are flat to the floor and hip width distance apart.
- With an inhale, lift your hips up from the floor and rest on your feet and shoulders.
- Clasp your hands together beneath your body and walk your shoulder blades in towards one another.
- Press down into the floor through your feet and upper arms.
- Keep your knees just hip width distance apart and turn your inner thighs down towards the floor. Avoid letting your knees splay outwards.
- Stack your knees directly above your ankles.
- Tone your abdominal muscles gently.
- Relax your eyes along the line of your nose and enjoy the broadening and lengthening of the front side of your torso and hips.
- Stay in the pose for as long as you are comfortable. To come down, release your hands and gently lower from your upper back to your lower back. Keep your tail drawing towards your heels as you do so. Lie flat and breathe deeply before rolling onto your side and slowly pressing yourself back up.

