

Living Yoga with Stella

Yoga and relaxation classes, 1-2-1s and workshops
in Southampton, Eastleigh & district

Bridge

BENEFITS: Brings flexibility to back and neck so is beneficial for many back problems; strengthens buttock muscles - important postural muscles for extending the hips; massages abdominal organs so good for digestion; stretches pelvis, abdomen and chest; brings a sense of calmness and joy; releases blocked energy from the throat.



Progressively lift then lower the spinal vertebrae from the sacrum upwards.

1. Lie on your back with your feet hip-width apart and your heels as close in towards your buttocks as feels comfortable.
2. On an in-breath, press your feet firmly on the ground and contract your buttock muscles and press your lower back and base of the spine firmly onto the ground. Release on an out-breath.
3. Next, contract lower abdominal muscles and raise sacrum (base of spine) off the floor as you breathe in.
4. Breathe out and lower the base of your spine to the floor.
5. Now begin to progressively raise a little more of your spine each time - visualizing you're moving your spine one vertebra at a time - breathing in as you lift, breathing out relaxing your spine down completely, one vertebra at a time.
 - o NOTE: push down through feet and legs, contract your buttock muscles.
 - o Keep knees and feet: PARALLEL i.e. don't splay your knees out to the side; they should be in line with your hips.
6. Finally, lift up as high as feels comfortable. Press your feet and hands firmly onto the ground. Notice if you sense any opening in your chest area.
7. When you place your back down the last time, press your sacrum firmly into the floor.
8. Hug your knees to your chest and rock from side to side to massage your spine.

BREATHING: breathe in as you lift your spine; breathe out as you release your spine to the floor

The information in this guide is not intended to be taken as a replacement for medical advice. The exercises are safe provided the instructions are followed carefully. However the author does not accept any responsibility in connection with the use of the information in individual cases. Any practice of yoga or any other suggestions contained in this guide are done at the reader's sole discretion and risk. If you have any doubts about the suitability of the exercises please consult a doctor.