

# Bridge Pose

*Setu Bandha Sarvangasana*

Opens the front of the hips, counteracting hip flexor tightness from sitting.

Energy stimulating and invokes a sense of strength potential

Activate the inner thighs slightly to prevent the knees from dropping out to the sides

Lift hips to a height that engages the body without back pain

Can help reduce back pain

Lift ribs/chest to preferred height

Opens chest and the front of the shoulders for better posture and breathing

Strengthens the legs and feet

Clasp hands and press pinky side of hands down into ground (optional)

Stretches the neck

Place feet hip width apart and press them evenly into the ground

Strengthens the back body (hamstrings, gluteals, and back)

Tuck shoulders underneath body and squeeze shoulder blades towards one another (optional)