

Pose of the Week 6-21-08

Bridge



Setu bandhasana

((*SET-too BAHN-dah*))

setu = dam, dike, or bridge

bandha = lock

Bridge pose is an easy backbend. It stretches the front of the body while strengthening the back of the body. Great strengthener for the glutes and hamstrings while feeling the stretch in the abdomen and quads. Because the head and neck are on the floor while the heart is elevated, it also has some of the characteristics of an inversion, which is why we use it as an alternative to shoulderstand in the inversion segment of the practice.

- Strengthens the back body
- Stretches the front body

Primary Muscles – Glutes, Hamstrings strengthening; Rectus Abdominus, Quadriceps lengthening

Variations - Hands along the body, hands clasped under body, hands supporting hips, supported versions with bolster, extending or lifting one leg at a time.

Tips –

- Lift and open the heart
- Knees and feet parallel – if knees cave to the sides, slightly pigeon toe the feet to keep the knees pointing forward
- Tuck shoulders under the back and away from the ears
- Press feet evenly into the floor
- Press arms into the floor
- Feet hip width apart

My breath is the bridge between my mind, body and spirit.



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