

Asana

Bridge Pose

Sethubandha Asana

Starting Position: supine; feet separated to the width of the pelvis at most; check alignment of the body, especially the neck and the head.

Flex the knees and bring the heels close to the glutei. While inhaling, and with a movement that initiates in the pelvis (posterior tilt), raise the torso and arch it as much as possible, but without forcing it. Gradually, it becomes possible to bring the manubrium of the sternum in contact with the chin. The push for arching and its maintenance involves the lower limbs, glutei and the back; Mula Bandha is active.

Note. Executing the pose with an inhalation is not wrong, but less effective; it can be sometimes beneficial for tense subjects.

Once the position is comfortably stabilized, it becomes possible to bring one lower limb closer to the other. The hands can stay under the back (as shown in the video) or joined on the ground. Breathing tends to be complete, and not forced; in the static phase, the inhalation integrates and sustains the posture and is perceived anteriorly and laterally without reducing the awareness of the sacrum and the perineum.

Maintain for about 30 seconds, and up to a maximum of 3 minutes. During the closing phase, lower first the back and then the pelvis; once the contact with the ground has been reestablished, bring the thighs against the stomach for 30 seconds or so, then relax completely.



Contraindications: some typologies of slipped discs; in such a case, stop the movement in the phase when the sides are aligned with the knees and back. Avoid in cases of cardiac ailments.

Benefits: activates functions of uro-genital and digestive systems; relaxes the diaphragm and deepens the breath; strengthens and improves elasticity of the vertebral column and improves perception and mobility of the pelvis.