

Asana

## Bridge Pose, Dynamic

*Sethubandha Asana*

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

Bend the knees and bring the heels towards the glutei. While inhaling, and with a movement that initiates in the pelvis, raise the back and arch it as much as possible, but without forcing it; hands placed on the lower back.

Stabilize the position for a few instants and while inhaling, bend the right knee and move it backwards, in the direction of the head and stretch the lower limb upwards immediately after; the guiding principle is to push with the heel. Flex the knee and while exhaling, return the foot to the ground.

Repeat from 5 to 10 times, alternating the moving limb.



**Contraindications:** slipped discs; sciatica or lumbago; heart problems.

**Benefits:** compared to the static position, major activation of the pelvic and abdominal regions.