

Asana

## Raised Bridge Pose

*Uttana Sethubandha Asana*

**Starting Position:** supine, bent knees, heels near glutei and feet shoulder-width apart; hands next to ears with fingers pointing towards shoulders and in line with the feet.

Lift up from the centre of the body and with a push from the feet; in this phase the head is on the ground; adjust hands.

Lift body completely, stretching legs and arms. Push from the feet, hands and glutei; big toes are well grounded, chin open to its maximum and jaw relaxed.

Breath is deep and moves in the anterior part of the trunk and on the sides. If possible, hold pose for at least 30 seconds, and up to 120 seconds.



**Contraindications:** slipped discs, weak wrists, obesity, scapulohumeral periarthritis, cardiac problems.

**Benefits:** this posture has a strong effect on heart and blood circulation; stimulates immune system; strengthens back and helps correct wrong postures; increases will and improves decision making.