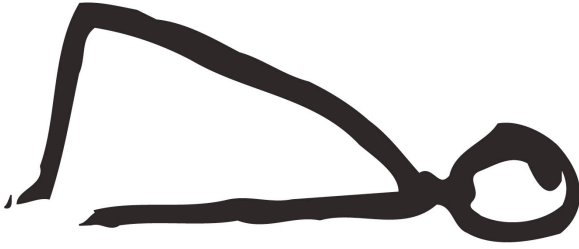


How to:



Setu Bandhasana Bridge

Adjustments and variations, prep and follow-up poses, advancements

Relevant Anatomy: Internal and external benefits / risks

Other Benefits to Class: spiritual, chakras, sequence development...

SHORT SCRIPT:

- Plant your feet on the floor just below the buttocks, hip width distance apart.
- Lift your chest up and tuck your shoulders under one at a time.
- Squeeze the buttocks, flatten the belly, press into your feet, and lift your hips up off the floor.
- Interlace your fingers and tuck your shoulders in deeper, one at a time.
- Press your hips up as high as you can from the strength of the legs and feet; keep the low back flat and long

MY EXTENDED SCRIPT (what I like to talk about in this pose)