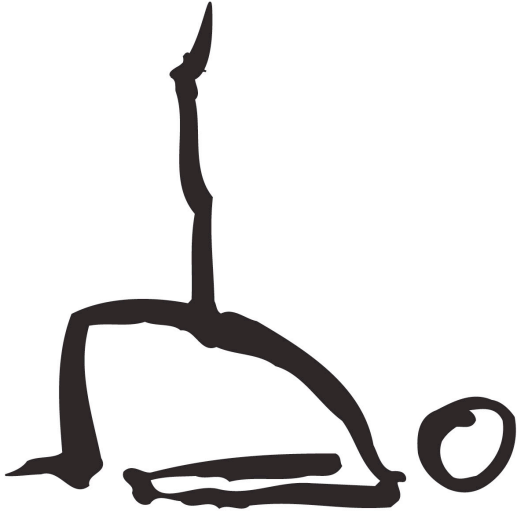


How to:



Eka Pada Setu Bandhasana One Leg 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:

- Set up for Bridge, with your feet on the floor just below the buttocks, hip width distant. Lift your chest slightly and tuck the shoulders under a little deeper. Squeeze the buttocks, flatten the belly, press into your feet, and lift your hips up off the floor.
- Keep your shoulders wide and your hands pressing into the floor.
- Push into the left foot, strengthen the leg and buttocks, and bend your right knee, lift the foot off the floor and take it up toward the ceiling.
- Push your hips up as high as you can from the strength of the legs and feet; keep the low back flat and long.

To release, flex the right foot and float it straight down. When the knees are together, bend the knee, plant the foot and take the left leg up to the sky.

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