

# Bridge Pose



This backbend strengthens the lumbar muscles and opens the chest.

1. Begin lying on the back.
2. Bend both knees and place the feet on the mat so that you can touch the heels with the fingertips.
3. Squeeze your arms into your sides and then bend the elbows so that the fingers point up towards the ceiling.
4. Press the elbows and the feet into the mat.
5. INHALE and lift the hips off the mat.
6. Stay for 3- 5 breaths.
7. EXHALE to return your hips to the mat.