

FULL BRIDGE

- Lie flat on your back with bent knees and heels close to your buttocks.
- Place your hands above your shoulders, flat on the ground with fingers pointing towards your heels, elbows up.
- Push your feet and hands firmly into the floor to raise your trunk into a full bridge.
- The only points of contact are now the hands and feet, aiming for an even curve throughout the rest of the body.
- Open the chest, tuck the tail bone under, lift through the groins toward the ceiling.
- Aim to keep the lower back soft and breathe evenly.

Benefits

- An opening and lengthening throughout the front of the body.
- Spinal mobility.
- Tricep strength.

Beginners Advice

- Ensure you are well warmed up.
- Practise the half bridge and variations prior to this pose.

Challenge

- Staying in the pose for longer.
- Without changing shape, slowly and gently raise and lower alternate legs, therefore briefly holding a three point balance.

Adjustments / What to look for

- Hyperextension of the lumbar spine.
- Leaning one way or the other.

