

## HALF BRIDGE (HOLDING ANKLES)

- Lie on your back and bend your knees, bringing your heels close to your buttocks.
- With your arms by your sides, take hold of your ankles.
- Keep your knees hip width apart.
- Lift your pelvis and back up to form a half bridge with neck and shoulders pushing down.
- Using your legs, push from the feet to the shoulders to open the chest and expand the abdomen.
- Take five calm breath cycles and return to the ground.

### Benefits

- Mobility through the spine and opening of the chest, front of shoulders and abdomen.
- Lengthening through hips and quadriceps.

### Beginners Advice

- Imagine a string attached to your navel lifting you towards the sky.
- Ankles and knees hip width apart.
- Don't press head into the floor, keep face and throat soft.

### Challenge

- Attempt to stay in the posture for more breaths.
- Attempt to raise hips higher and soften through the shoulders.
- Try releasing ankles and clasping hands.

### Adjustments / What to look for

- An expansion through the chest.
- Maintain weight through the shoulders avoiding pressure through the neck and head.
- Look for the neck to be long.
- Keep the throat and face soft.
- Maintenance of regular breathing.

