

HALF BRIDGE (FINGERS INTERLOCKED)

- Lie on your back and bend your knees, bringing your heels close to your buttocks.
- Have your arms by your sides, palms facing up.
- Push evenly with your arms and feet into the floor.
- Lift your pelvis and back up to form a half bridge with neck and shoulders pushing down.
- Interlock the fingers and extend the arms away from the shoulders.

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.
- Keep arms at sides without interlocking fingers.
- Ankles and knees hip width apart.

Challenge

- Attempt to stay in the posture for more breaths.
- Attempt to raise hips higher and draw the shoulders closer together while lengthening the arms.
- Try and hold ankles in this pose.

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.

