

Bridge Sequence



Start with knees gently drawn towards you. Hands lightly round knees, or back of thighs, elbows wide to help shoulders stay relaxed.
Breathe in.



Breathing out, draw knees closer towards chest. If comfy, bringing head towards knees.



Breathing in, bring arms to floor at shoulder level, palms face up, at the same time straightening legs towards ceiling.



Breathing out, bend knees back to the floor as you bring your arms down by the side of the body with the palms face down. Breathe in, breathing out pelvic tilt.



Breathing in, push down through the feet and away with the knees to bring your bottom away from the floor coming up into bridge.



Stay in bridge for as many breaths as suits you, lowering back down on an exhalation, vertebra by vertebra starting with the upper back, bottom comes down last of all and draw knees gently towards you once more.

Thanks to Penny Hilling who first showed me this sequence. If you have medical or health issues, please take appropriate professional advice before performing this or any other form of exercise. Spend longer, taking extra breaths, at any point in the sequence that feels right for you.

Paul Blissett July 2009