

LEARN YOUR POSE

BRIDGE POSE



HOW TO DO

- Start from lying on your back.
 - Bend your knees while opening your legs hips width apart.
 - Stack your knees straight above your ankles (see pic.), and hands on the ground with palm-down.
 - Inhale and Push the trunk upward while the head still on the ground.
 - Hands, either supporting your waist or on the ground.
 - Stay for 30 sec.
 - Bring everything down with an exhale.
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