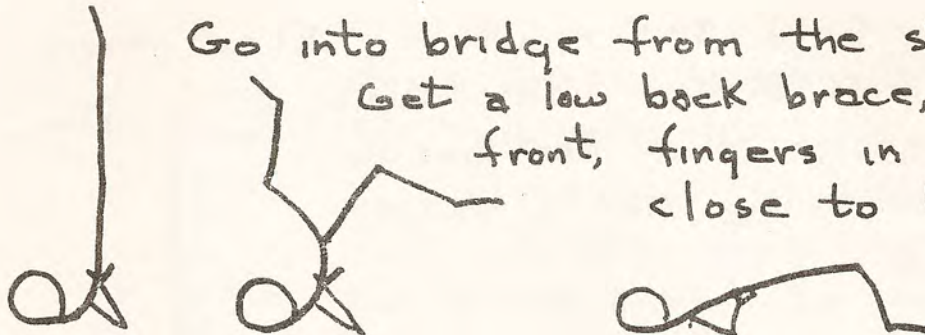



## Bridge

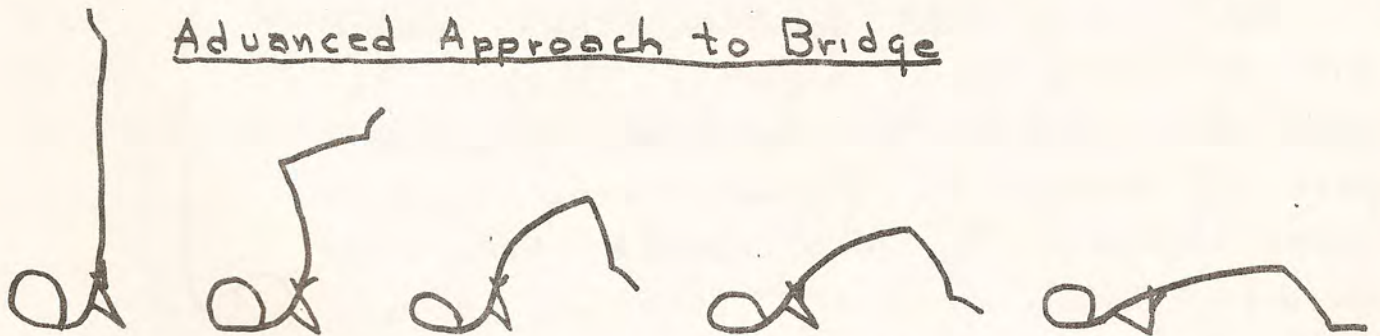


Go into bridge from the shoulder stand. Get a low back brace, thumbs in front, fingers in back, elbows close to body. Reach forward with one leg, let the other go back to balance. Stretch, knees straight as possible, from the bridge. Push against feet to make back into a tighter arch.

Bridge Exercise. start from shoulder stand. Bend both knees. Reach forward with one leg, let the other go back to balance. Touch toe to mat, if you can. and return to shoulder stand. Alternate legs.

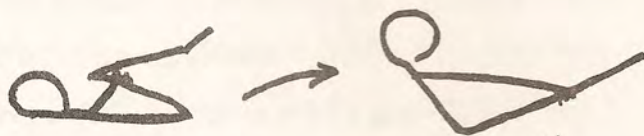
## Advanced Approach to Bridge



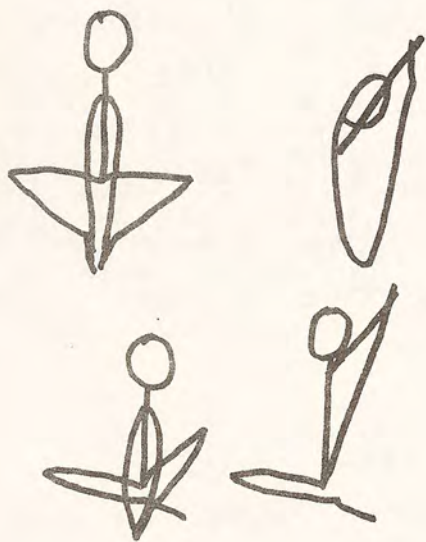
To keep control, bring pelvis forward as feet go down towards mat.

## Triangular Balance on Base of Spine

straighten knees as you rock forward to balance on tailbone. Head should not fall back nor should the chin be tucked in. Back should be straight. Hold and breathe quietly.



## Vertical Balance on Base of Spine



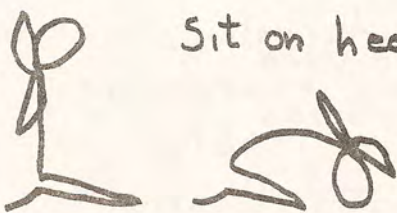
Hook first fingers around big toes. Gradually straighten knees as you raise legs. Keep back straight. Beginners take hold of ankles.

Exercise: Clasp one foot at the arch with both hands. Back should be straight. Straighten leg. Repeat, extending other leg. This

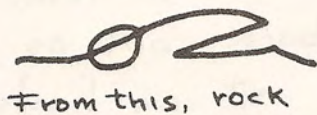
exercise helps develop the flexibility needed to achieve the vertical balance.

## Face of a Cow

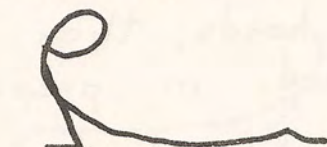
Sit on heels, stretch one arm up (behind the head), the other arm down (also in back). Bend elbows and bring hands together. Lock forefingers and bend forward. Come slowly back to sitting. Repeat with opposite arms.



Bow - Breathe in as you lift. Hold the breath and hold position. Breathe out as you come down. Do twice, second time rocking. Rest after each effort with fast diaphragm breathing. Then push back to sitting on heels, ready to get in position for



From this, rock



forward to this.

Moving Swan - Breathe in as you rock forward, out as you return to starting position. Let the back bend, get as much of thighs on mat as you can. Repeat 6-8 times. Last time go into the



Pose of a Child - Rest and breathe. Then breathe in as you slowly "unroll" to sitting on heels, ready to lower yourself back into



Camel - Hold first position for a minute or so, then take a breath, hold, and stretch in the second. Sit back down as you breathe out. Take another breath, hold, bring chin to base of throat. Then breathe out as you come forward to sitting on heels. Rest in this position with diaphragm breathing, then rise to "standing" on knees, ready for