

SELF-CARE: Bridge Pose

This exercise is great for almost everyone especially those who are in a sitting position for long periods of time. It is not suggested for people with neck injuries.

Benefits: Opens the chest and hip flexors. Stretches the chest, neck, shoulders and spine. Strengthens the back, butt and legs. May also improve digestion.

Frequency: Every 30 minutes during the workday. Hold the posture for 45-60 seconds.

Tips: Focus on keeping the body engaged yet relaxed. As you practice this position, scan your body for tension. As you inhale, feel the air travel through your nose and deep into your belly. Pause. Then feel the body relaxed yet strong with each exhalation.

Instructions:

1. Lie flat on your back with your knees bent. Place feet hip-distance apart and flat on the floor.
2. Reach down with your fingertips to see if you can feel your heels. If not, walk your heels a little closer to your body.
3. Press your weight into your feet to lift your hips up towards the ceiling. Keep your thighs parallel.
4. Bring your arms underneath you and try to clasp your hands together (Don't worry if you can't do it at first).
5. Roll your shoulder blades toward each other and hold this pose for 45-60 seconds.
6. Release and roll slowly back to the floor.

