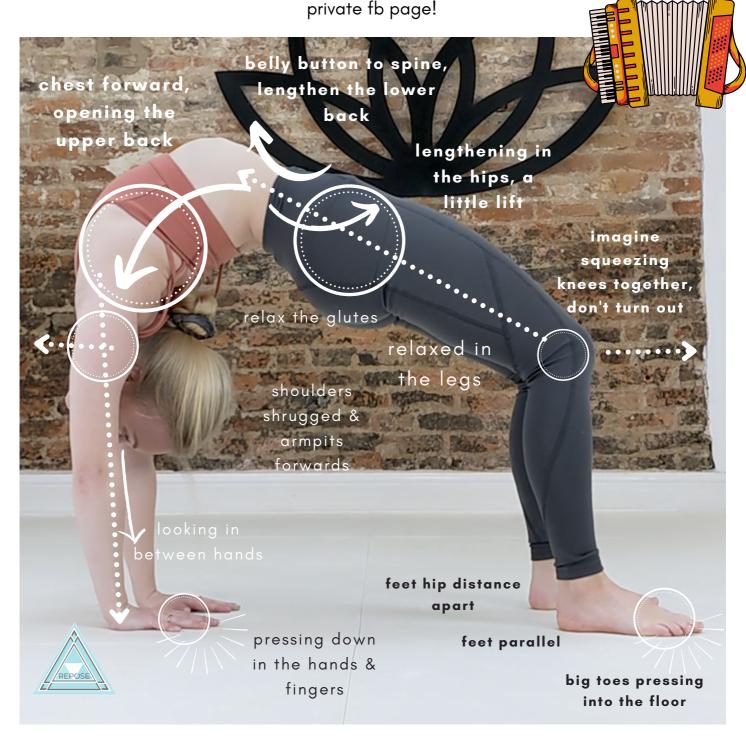


BRIDGE TECHNIQUE- SELF CHECK LIST

Here are the technique ques we go through in class for a good bridge! It is all about being relaxed in the pose, with a feeling of ease, length & strength! Make sure to warm up the hips, upper back, wrists & shoulders before practicing your bridge, & as always with backbends, finish with a back recovery & core work. Show us how you get on! Take pics of your progress & tag us #thereposeeffect Any questions for more help, ask on our



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I always find it extremely helpful to set my bridge up correctly by starting my body scan from the toes going up. One part at a time, correct your technique & breathe!







CHECK THE FEET ARE
PARALLEL, THE SAME WIDTH
AS THE HIPS, & PRESS
DOWN IN THE BIG TOES TO
AVOID THE ANKLES ROLLING
OUT & THE KNEES TURNING
OUT. IMAGINE THERE IS A
BLOCK IN BETWEEN YOUR
KNEES THAT YOU ARE
SQUEEZING TO KEEP
PARALLEL.

RELAX THE GLUTES & KEEP
THE KNEES SOFT TO
LENGTHEN OUT THE LOWER
BACK. PULL THE BELLY
BUTTON TO THE SPINE &
LENGTHEN THE HIPS.
FINGERS SPREAD THUMBS
ALMOST TOUCHING, PRESS
INTO THE FLOOR TO SHRUG
THE SHOULDERS.

START TO PUSH THE CHEST FORWARD TO OPEN THE UPPER BACK & SHOULDERS. FEEL LIKE THIS COMES FROM THE HANDS, DON'T PUSH FROM THE FEET SO TO KEEP LENGTHENING THE SPINE & NOT CRUNCHING THE LOWER BACK. BREATHE!

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BRIDGE TECHNIQUE- SELF CHECK LIST



- 1. we want a lengthened spine that uses the upper back & shoulders, & doesn't crunch into the lower back.
- 2. we want to find relaxation in this pose & easy breathing. with a light tension in the core, shoulders & inner thighs for a strong bridge.
- 3. imagine you are an accordian! All these technique points are to help you find deeper backbends by lengthening the spine in a safe & strong way, & not crunching in the lower back.