



Ms. Julie C.'s Yoga Poses: The Bridge



Bridge Pose

- Push down through your feet.
- Press the hips and belly upwards.
- Be sure that the chin is slightly lifted and not pressing into the chest.

Modification

- The hips can rest on a yoga block or a couple pillows.

Benefits

- Tones the glutes!
- Increases flexibility of the spine.
- Stretches the abdominal muscles.