

## Supported Bridge Posture



Prepare to place a block under the hips.



Inhale – bend the legs. Exhale.



Inhale – lift the hips, tuck tailbone, and place the block under the sacrum. Exhale.



Inhale – extend the right leg.



Exhale – bring the right leg to the floor. Remain here for 10 to 20 breaths.



Inhale – bring the leg back to center.



On the next inhale, extend the left leg.



Exhale – bring the left leg to the floor. Remain here for 10 to 20 breaths.



Inhale – bring the leg back to center. Remain here for a couple of breaths.



Extend both legs on an exhale. Remain here for 10 to 20 breaths.



Inhale – bring the legs back to center. Exhale  
Inhale to lift the hips and remove the block. Stay here for a few breaths.

### **Props required:**

1 block placed under the sacrum

### **Helps in the prevention and management of the following sports injuries:**

- Abdominal muscle strain
- Hip flexor strain

### **Benefits of the posture:**

- Allows the deep back muscles to relax and release – particularly the hip flexor muscles (psoas group).