**Setu Bandha Sarvangasana (Bridge Pose)**

**Equipment**: Yoga mat

* Do the yoga poses only as far as your body feels comfortable — never force or overstretch.
* Breathe normally, stop if you feel pain, dizziness, or strain.

**Avoid if:**

* You have neck, back, or spinal injuries
* You experience severe knee pain

**Instructions:**

1. Starting Position:

* Lie on your back with your knees bent and feet flat on the floor, hip-width apart and parallel.
* Place your arms alongside your body, palms facing down.

1. Press into the Floor:

* Firmly press your feet and arms into the floor for stability.

1. Lift Your Hips:

* Inhale, engage your glutes and core, and slowly lift your hips toward the ceiling.
* Keep your thighs parallel and avoid letting your knees splay outward.

1. Hold the Pose:

* Maintain the position for 30 seconds to 1 minute, breathing deeply.
* Optionally, clasp your hands under your back for extra lift and chest expansion.

1. Release the Pose:

* Unclasp your hands (if clasped) and place them back alongside your body.
* Exhale as you slowly roll your spine down to the floor, one vertebra at a time.

1. Repeat as needed.