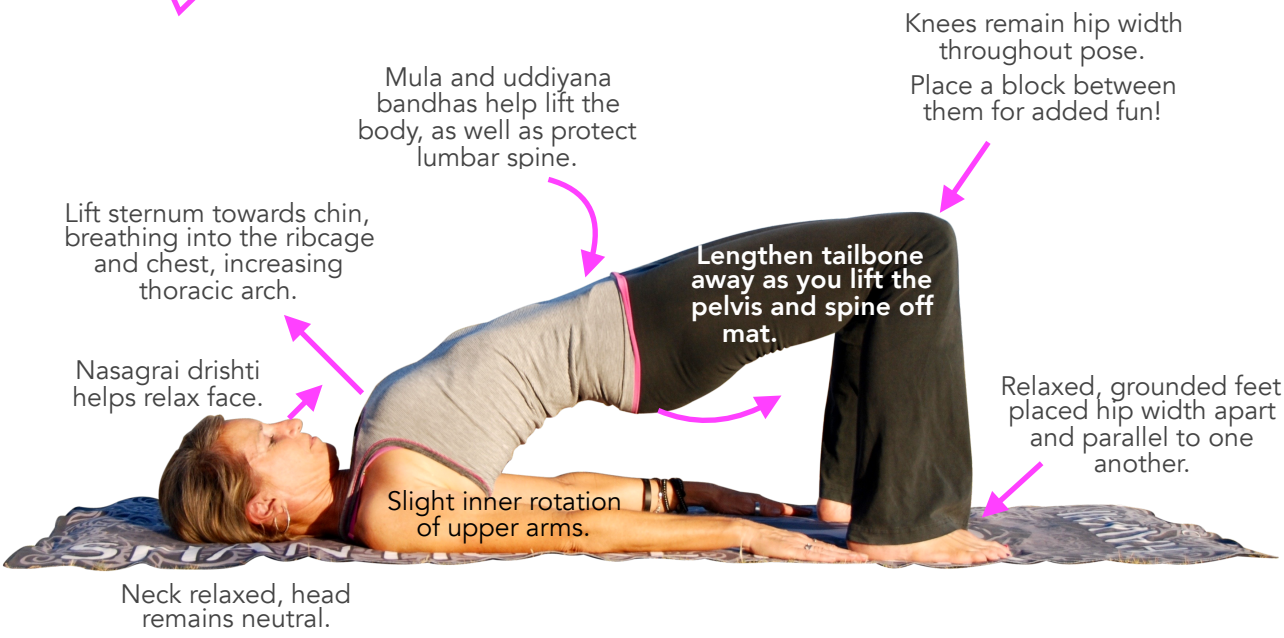
Asana Tip Sheet #35

Setu Bandhasana
(Bridge Pose)

Setu bandhasana is a wonderful stress reliever. Supporting your sacrum with a block or bolster makes this a sweet resting pose.

Great prep move: Roll the spine up off the mat on the inhale; then exhale to roll back down, with control.



Best mantra for this pose: "I suspend my beliefs about what's possible."

asana name

- setu = dam or bridge
- bandha = lock
- asana = seat

benefits

- Builds strength in legs, arms, back and core.
- Stimulates the thyroid glands and lungs.
- Massages abdominal organs.
- Stretches chest, spine and neck.
- Stimulates 2nd, 3rd, 4th and 5th chakras.
- Reduces anxiety and backache, calming the nervous system and alleviating insomnia.
- Good for asthma and high blood pressure.

contraindications

- Neck or knee injury.
- Late-term pregnancy.

modifications

- Rest sacrum on block or bolster.
- Deep chest opener: walk arms under body, interlace fingers, walk upper arms towards one another and press arms into mat, increasing the lift of the body.

attitude

- Expansive possibilities.

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