



*Agocara Yoga*  
*Beyond The Senses*

**Setu Bandhasana/Bridge Pose Series**



Begin lying on your back with your knees bent, soles of your feet on the floor, about hip width apart.

Take a moment to connect with your breath, making the in breath the same length as the out breath.



As you breathe in, allow the arms to float over the head, so that the backs of the hands rest on the floor behind you.



As you breathe out, draw the knees in towards your chest. (if you have a sensitive lower back and/or pelvis, first lift one leg and then the other).



When you next breathe in, straighten the legs up towards the ceiling. Have the soles of the feet parallel to the ceiling, and lengthen up from your hips to your heels.



Breathing out, take the feet out wide so your legs make a V-shape and you are now stretching through the inner thigh.



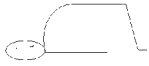
Breathing in, draw the feet back together, soles of the feet to the ceiling.



Breathing out, the knees draw back in to your chest.



Breathing in, replace your feet back onto the floor, hip width apart.



Breathing out, press into your feet and engage your thighs. Then lift your hips towards the ceiling, so that you arch through your upper back (remember to keep space through your lower back).



Breathing in, lower your hips back to the floor, replacing each vertebrae one by one.



Breathing out, your arms float back over your head and rest by your sides.

As you repeat the sequence, focus on making each movement last the entire length of your breath. So that as you begin to breathe in, you begin your movement, and as you finish breathing in, you finish that movement.