

Setu Bandhasana: The Bridge

In Sanskrit, this posture translates as Setu = bridge, Bandha = lock. Some of the main benefits are that it helps to realign the spine, eliminates round shoulders and backache, improves digestion, rejuvenates and strengthens legs, reduces stress, therapeutic for menstrual disorders, asthma and various bronchial and thyroid conditions.

Step by Step

1. Lie on the floor with your arms by your sides. Bend your knees and place your feet on the floor, hip width apart, heels as close to the sitting bones as possible.
2. Inhale and press your feet and arms into the floor, lift your




tailbone and pelvis up, bringing the lower and upper back off the floor. Arch the back and try to raise the chest and navel as high as possible.

3. Interlock your fingers and extend the arms towards the heels, keeping your arms and hands on the floor. Bring the body weight towards the tops of your shoulders.
4. Keep your knees directly over the heels but push them forward away from the hips. Make sure your thighs and feet remain parallel.
5. Stay in the pose for as long as comfortable. To release, exhale and slowly roll the spine back down to the floor.

Practice Tips

To go deeper in the pose, lift the heels and push your tailbone up. If your lower back needs a release, hug your knees to your chest and roll from side to side.

Caution: Respect your body's limitations and inner wisdom, if something feels wrong, please do not do it. Avoid in last trimester of pregnancy or if you have a serious neck injury. 

The Complete Illustrated Book of Yoga by Swami Vishnudevandanda comes highly recommended for deeper study. For details on Lila's yoga classes and retreats, go to www.yogaprema.org