

## INVERTED ASANAS

### Setu Asana (Bridge Pose) or Kandhrasana



**Technique:** Lie on the back with legs folded so that the knees face up and the feet are flat on the ground and the knees face up and feet are flat on the ground and drawn close to the hips.

Now breath in and holding the ankles with your hands, raise the back as high as possible bringing the chest close to the chin.

Squeeze the buttock and thigh muscles to hold the backup. Stay for a few breaths. Lower the back to the mat and relax.

### **Benefits**

- ✓ This asana has similar benefits to chakrasana.
- ✓ It is generally strengthening for shoulders, thighs and wrists, and also tones the lumbar region of the spine and the Achilles tendons.

### **Limitation:**

- ✓ This asana should not be practiced by those with high blood pressure, heart disease, cervical spondylitis, hernia, stomach ulcers or weak wrists.