

Setubandhasana

Setubandha means formation of bridge. In this posture, the body is positioned like a bridge, hence the name. This is also called as *Setubandha*.

Sthiti: Supine lying or *av sana*.

Method:

- * Bend both the legs at the knees and bring the heels near the buttocks.
- * While holding both the ankles firmly keep the knees and feet in one straight line.
- * Inhale; slowly raise your buttocks and trunk up as much as you can to form bridge.
- * Remain in this position for 20-30 seconds, with normal breathing.
- * Exhale, slowly return to the original position and relax in *av sana*.

Note:

- * In the final position, the both shoulders, neck and head remain in contact with the floor.
- * If required, in the final position, you can support your body at the waist with your hands.

Benefits:

- * Relieves depression, anxiety and strengthens lower back muscles.
- * Stretches abdominal organs, improves digestion and helps to relieve constipation.

Limitation:

People suffering from ulcer and hernia etc. should not practice this *sana*.

Shalabhasana

In Sanskrit Shalabha refers to 'locust' (grasshopper) and asana means 'posture'. The final posture of this asana imitates a locust (grasshopper).

Method:

Lie flat on the stomach. Legs together, hands by the side of the thighs, palms facing downwards or the hand clenched.

- * Stretch both the arms and place the hands under the thighs.
- * Inhaling, raise both the legs upwards as high as possible. Maintain the position for 20-30 seconds.
- * Exhaling slowly bring down outstretched legs to the floor. Place arms beside the body.
- * Lie flat on the stomach. Legs together, hands by the side of the thighs.

Benefits:

- * Shalabhasana is a good exercise for the legs, thighs, hips, buttocks, the lower abdomen, diaphragm and wrists.

- * It helps to reduce excessive fat formed around the knees, thighs, waist and the abdomen.
- * The waist becomes elastic and flexible.
- * It induces harmony and enhance concentration.
- * It provides relief in lower back pain.

Limitation

- * Person suffering from ulcer in stomach, hernia, high blood pressure and cardiac complaints should not practice this asana.