



### Salabhasana (Locust Pose/ Superwoman/ Superman)

Lie on your stomach, arms at your side and palms down. Look down at the floor, and keep your feet together. Press the tops of your arches on the floor gently. Engage your pelvic floor and abdominal muscles (you can think navel in and egg up.) Lengthen your spine as you slowly lift your chest up. Reach hands towards feet and feel your chest open. Keep abs engaged and spine long!

### Bridges x7

Lie on your back with feet flat on the floor hip width apart. Finger tips are as close to your heels as possible.

1. Press heels into floor with toes off the floor but sole of foot on the floor.
2. Engage your pelvic floor and abdominal muscles (you can think navel in and egg up.)
3. Pretend there is a yoga block between your knees. Squeeze the imaginary block engaging your inner thigh muscles.
4. Pretend there is a strap wrapped around your thighs. Press open thighs into imaginary strap.
5. Bridge your hips up with 1, 2, 3 and 4 on.
6. Bend arms at your sides so elbows are on the floor. Gently press elbows down to open chest up.
7. Reach arms up towards ceiling, then over your head with thumbs on the floor. Take a breath. Reverse arms till they are at your sides. Slowly lower hips down.