

# The move

## Beginner



### For flexibility: Bridge

"This restorative pose stretches the upper back, shoulders and neck," explains Jodie Ruffy. Lie on your back with your knees bent and your feet flat on the floor. "Press down with your legs to lift your hips, placing a block or six-inch-high stack of books under your lower back," she guides. Lower your sacrum onto the prop and relax in this position for ten breaths.

Ruffy, above, is an instructor at Yoga Works, 138 Fifth Ave at 19th St (212-647-9642), and 37 W 65th St between Fifth and Sixth Aves (212-769-9642)

→ For a video demonstration, visit [timeoutnewyork.com/themove](http://timeoutnewyork.com/themove).

## Advanced



### For flexibility: Revolved triangle

Great for relieving mild back pain, this exercise "stretches the hips, spine and legs," explains Ruffy. "Twisting also stimulates the abdominal organs, improving digestion." Place your feet wide apart, your right foot turned out. "Place your left hand on the floor beside your right heel, and raise your right arm to the sky," she instructs. Look up and hold for eight breaths. Switch sides. —EW