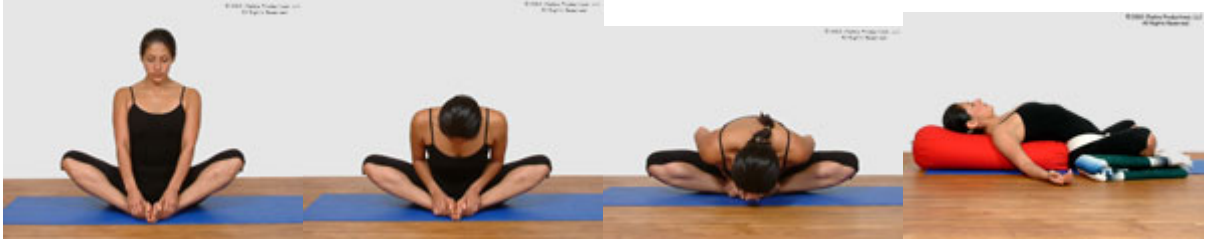


Pose of the Week 3-15-08

Bound Angle



Baddha Konasana
(BAH-dah cone-AHS-anna)
baddha = bound
kona = angle

Also called Cobbler's Pose, Butterfly Pose. Bound Angle is a hip and groin opener. In addition to opening the hip and sacroiliac joints, it is a healing pose for the urinary and reproductive systems. It can be challenging since many of us have tight hips from sitting in chairs.

Primary Muscles – Adductors, inner thighs, hip rotators, (back muscles if adding a forward bend)

Variations – Adding forward bend, feet opening like a book, hands in back with heart lifted, feet farther forward, knees/legs supported by blankets, folded blankets under hips to elevate, reclining variation (often with bolster, blankets and strap).

Tips –

- Roll the pubic bone down toward the floor
- Thighs roll back
- Lift low back up and in – take rounding out of the back
- Shoulders relaxed and tucked down the back
- Heart and navel lifted

/am grounded.



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