

POSE 10 Seated Hip Openers

Seated Baddhakonasana
Bound Angle Pose

The POSE



Seated Baddhakonasana relieves stiffness in the hips, groin and in the hamstring muscles. It stimulates the heart and improves circulation in the entire body.

The Bound Angle Pose elongates the spine and the abdominal and pelvic organs. It alleviates sciatica and varicose veins, and prevents hernia.



Note: In Seated Baddhakonasana your knees have to be below the iliac crest. Therefore you may have to sit on one or more blocks to elevate your hips. This will help relax the groin and allow the knees to descend easily.

Props

- Sticky mat, yoga blanket, one block, and timer. For the advanced pose a second block is needed.

Please refer to my website for information about all yoga props from Hugger Mugger™

joann.yoga/yoga/yoga-props/

Foundation

1. Sit on a block. Place metatarsals together and toes apart, just like in [photo 1](#).
2. Align the atlas with the sacrum. Place the hands behind the hips, just like in [photo 2](#).

Getting into the pose

3. Allow the breath to soften and relax the inner groin.
4. Be patient. The knees will release towards the floor, more and more each time as you practice the pose for a long time.
5. In the POSE (**main photo**), establish a smooth rhythm of breath, and hold for 3-5 minutes.

Release

6. Release from the pose smoothly, and keep the inner groin passive.

Duration: Keep the pose for **3-5 minutes**.

Advanced Alternative Pose photos, 3,4, and 5

- This is an advanced pose that will increase the stretch in the groin

1. Place your feet on the block.
2. In the POSE (**photo 4**), establish a smooth rhythm of breath, and hold for 2-4 minutes.

**Extra focus:**

- Practice with no judgement, relax and accept your pose. Every day may be different. Observe your body.
- Relax your facial muscles, in particular relax your jaw.
- Engage the triceps by lifting the chest and releasing the shoulders.
- Create symmetry in the inner-arch, just like in **photo 5**.

Avoid:

- Clinching the facial muscles.