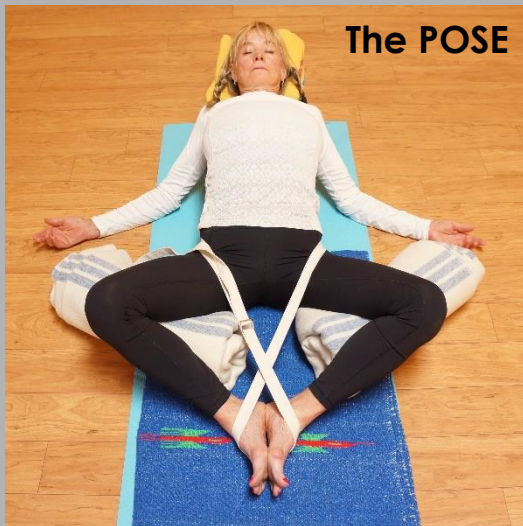


**POSE 11 Seated Hip Openers**

**Supta Baddhakonasana with bolster**  
*Reclining Bound Angle Pose with bolster*

**Note:** Supta Baddhakonasana with bolster is a restorative pose that provides gentle support for the entire spine. Choosing the optimal pose, either with bolster or blocks will vary on the day and/or the season.



Supta Baddhakonasana improves blood circulation in the abdomen, massaging and toning the abdominal organs.

Reclining Bound Angle pose prevents hernia as the hips and groin become suppler, relieves varicose veins and sciatica. Regulates blood pressure, tones the kidneys, and corrects a prolapse uterus.



## Props

- Sticky mat, four yoga blankets, bolster, strap and timer.
- The seated blanket is placed on the sticky mat and provides softness for the arches and outer arches of the feet.
- The bolster is placed on the blanket.
- The blanket for head support is placed on the bolsters. It is folded into 1/16, just like in the **photo 4**. It provides support to the cervical vertebrae and the skull, and assures the downward gaze of the eyes.
- Two blankets are rolled up to support the femurs.

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

[joann.yoga/yoga/yoga-props/](http://joann.yoga/yoga/yoga-props/)

## Foundation

1. Seated in Pose 10 – Baddhakonasana with your sacrum 4 inches away from the bolster. Place the two rolled blankets underneath the upper femurs, just like in the **main and photo 5**.
2. Strap up - place the buckle in your non-dominant hand. Slide the strap beneath the outer edge of your feet, just like in **photo 1**. The dominant hand take the length of the strap beneath the iliac crest around to the lower sacrum, and then buckle up, just like in **photo 2**. The strap prevents the feet from sliding away and supports the sacrum. Place the feet at a comfortable distance, metatarsals together and toes apart, just like in **photo 3**.

## Getting into the pose

3. With the sacrum 4 inches from the bolster place the hands alongside the bolster and at the buttocks. Extend the arms lifting the shoulder girdle and realigning the spine.
4. Keeping the hands planted, lower the spine bringing the elbows symmetrically to the floor.
5. Rest the head and neck. You can close the eyes and establish a downward gaze. Extend your arms at 30 degree angle, palms up.
6. In the POSE (**main photo**), relax into the support of the bolster. Establish a smooth rhythm to the cycle of breath, and hold the pose for the 3-10 minutes.

## Release

7. When releasing, exhale, be conscious of the weight of the skull and shoulders.
8. Without engaging spinal muscles place the hands beside the hips, bring the arms to a position where they are powerful. Using the triceps, extend the arms to lift the torso.

**Duration:** Keep the pose for **3-10 minutes**.

### Extra focus:

- Release the facial muscles and the jaw, and the mid-thoracic.
- If the mind wanders, bring it back and return to the breath.

### Avoid:

- Tightening the throat, and lifting the eyeballs.