

POSE 12 Seated Hip Openers**Supta Baddhakonasana with blocks**
Reclining Bound Angle Pose with blocks

Note: Supta Baddhakonasana with blocks 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.

The POSE

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, two yoga blankets, two blocks, strap, and timer.
- The blocks are placed on the sticky mat. The head block is placed horizontally and the vertebrae block is placed vertically, just like in the **photo 1**.
- Two blankets are rolled up to support the femurs, just like in the **photo 4**.

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

joann.yoga/yoga/yoga-props/

Foundation

1. Seated in Pose 10 – Baddhakonasana make sure you are seated at the right distance from the blocks so that they support the mid-back and the head. Place the two rolled blankets underneath the upper femurs, just like in **photo 4**.
2. Strap up – refer to instructions and photos from Pose 11 - Supta Baddhakonasana with Bolster.

Getting into the pose

3. Place the hands behind the hips. Extend the arms lifting the shoulder girdle and realigning the spine, just like in the **photo 1**.
4. Keeping the hands planted, lower the spine bringing the elbows symmetrically to the floor, just like in the **photos 2 and 3**.
5. Rest the head on the block, and release the 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**), 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 behind the hips, bring the arms to a position where they are powerful, just like in the **photos 3**. Using the triceps, extend the arms to lift the torso, just like in the **photos 1 and 2**.

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

Extra focus:

- Assure a downward gaze of the eyes.
- 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.