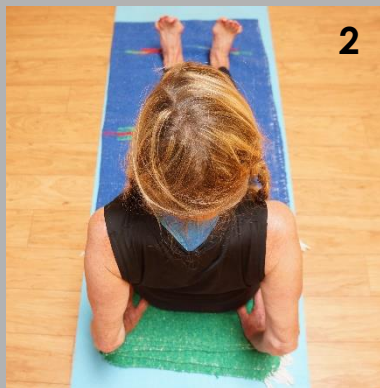
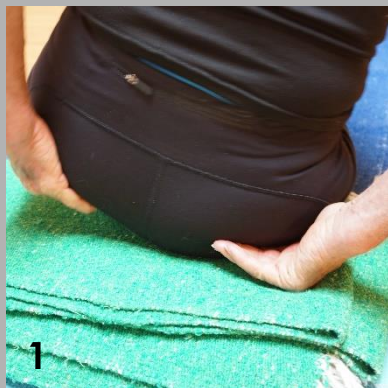


## POSE 15 Seated Hip Openers

Dandasana  
Staff Pose

Dandasana improves posture and can increase your will power and enhance emotional stability.

Staff Pose relieves breathlessness and throat congestion, strengthens muscles in the chest and legs, tones abdominal organs. It reduces heartburn and flatulence.

**Props**

- Sticky mat, two blankets, and timer.

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. Sit on the folded edge of the second blanket, and extend your feet.

**Getting into the pose**

2. Reach for the buttocks independently pulling them back, weighting the front side of your sit-bones (ischia) (this puts you on the front-side of your sit-bones), just like in **photo 1**.

3. Align the atlas with the sacrum, dorsally flex the feet. With the hands behind the hips, engage the triceps muscles, lift the shoulder girdle, just like in **main and photo 3**.
4. In the POSE (**main photo**), establish a smooth rhythm of breath and hold for seven to ten cycles of breath.

**Duration:** Keep each the pose for **seven to ten breath cycles**.

**Extra focus:**

- Bring the back of the legs to the floor as much as possible.

**Avoid:**

- Tensing the back muscles
- Relaxing the feet and the legs.
- Holding the breath.