

**How to:**



## **Baddha Konasana Bound Angle**

**Adjustments and variations, prep and follow-up poses, advancements**

**Relevant Anatomy: Internal and external benefits / risks**

**Other Benefits to Class: spiritual, chakras, sequence development...**

## **SHORT SCRIPT:**

- From a seated position, place the bottoms of your feet together.
- Sit up straight and gently pull your feet in closer.
- With your hands on the ankles or feet, lengthen your spine and the back of your neck; close your eyes, and breathe deeply.

## **MY EXTENDED SCRIPT (what I like to talk about in this pose)**