

**How to:**



## Supta Baddha Konasana Reclined 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:**

- Pull your knees up, bring the bottoms of the feet together, and with the help of your hands, let the knees fall open toward the floor.
- If the back does not lie flat, push your feet away from you a little more, or wedge your arms in alongside the hips, flatten the tailbone, and let the legs rest on your wrists or forearms.
- Gently press the bottoms of the feet together.

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