

SITTING ASANAS

Baddhakonasana (Bound angle pose)



Technique: Sit with the feet joined as in the butterfly pose.

Now holding the toes together with your hands, bend forward to bring the forehead close to the floor.

Hold for a few breaths. Inhale and raise the back.

Benefits

- ✓ Stimulates abdominal organs, ovaries and prostate gland, bladder, and kidneys
- ✓ Stimulates the heart and improves general circulation
- ✓ Stretches the inner thighs, groins, and knees
- ✓ Helps relieve mild depression, anxiety, and fatigue
- ✓ Soothes menstrual discomfort and sciatica
- ✓ Helps relieve the symptoms of menopause
- ✓ Therapeutic for flat feet, high blood pressure, infertility, and asthma
- ✓ Consistent practice of this pose until late into pregnancy is said to help ease childbirth.
- ✓ Traditional texts say that Baddha Konasana builds immunity and gets rid of fatigue.

Limitation:

- ✓ In case of groin or knee injury: Perform this pose with blanket support under the outer thighs.