

Baddha Konasana

Bound Angle Posture



Forward Bend with Blocks Under Legs
Move forward from hips vs. waist



Bolster and Hand Support
Keeps tension out of upper back



Lift Your Hips with Blocks or Bolster
Release femurs toward the floor



Lengthen Torso Away from Hips
Maintain inner lift of spine



Baddha Konasana with Lift and Chair
Great option for beginners



Baddha Konasana Wall Variation
Great option if you have tight hips