

## LEARN YOUR POSE

### Mandukasana: Frog Pose



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### Source

Mandukasana (man-doo-KAHS-uh-nuh), also known as frog pose, is a simple yet intensive pose that brings length to the spine and deep bends to the lower joints. Before attempting this pose, ensure your knees are warm and are able to bend completely. Use a good quality [mat](#) beneath your knees to avoid straining them.

### How to Do

- Begin in a table top position facing the long edge of your [mat](#).
- Walk your knees out wider than your hips. Flex your feet so your toes face outward and your heels are directly behind your knees.
- Option to place additional padding (e.g. blanket) under your knees or walk your knees closer together.
- Walk your hands forward a little or a lot. If you have room, place your forearms on a block or on the ground.

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- Reach the crown of your head forward and your tailbone back. Keep your hips in the same plane as your knees (if you saw yourself from the side, knees would look like they're under you hips).
  - Lift your belly away from the ground.
  - Hold for up to two minutes, then gently release to child's pose.
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