

LEARN YOUR POSE

Baddh Konasana or Butterfly Bosc



Baddha Konasana (BAH-dah cone-AHS-anna), also known as the Butterfly or [Bound Angle Pose](#), is a seated posture that strengthens and opens the hips and groin while eliminating abdominal pain. This is one of the best yoga poses for pregnant moms. The consistent practice of this pose can help with [childbirth](#), urinary discomfort, and feelings of pain and heaviness. Make sure to stay focused on your breathing while performing the Butterfly Pose.

How to Do

- Sit in Staff Pose (Dandasana).
- To get a proper Staff Pose, elevate your hips slightly by placing a soft block or blanket right under your sit bones.
- On an exhale, bend your knees and bring the soles of your feet to touching together.
- Next, bring your heels close to your pelvis as much as you can without exerting pressure or pain in your knees.
- Push the outer edges of your feet firmly into your yoga mat and grab your feet or ankles with hands.
- With the pelvis in a neutral position, work to open the groins by gently pressing the outer knees towards the floor.

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- Stay here, or try to recline your torso forward, leaving your spine long and neutral by bending from the hip joints (instead of from the waistline).
 - Stay in anywhere from 1-5 minutes.
 - To exit the pose, draw your knees towards one another, extend your legs and return to Staff Pose.
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