

LEARN YOUR POSE

Reclined Bound Angle Pose a.k.a. Supta Baddha Konasana



[Source](#)

Reclined Bound Angle Pose, also known as Reclined Cobbler's Pose, is a profoundly relaxing yoga posture. Its Sanskrit name — “Supta Baddha Konasana” (SOOP-tah BAH-duh cone-AHS-uh-nuh) — comes from four words:

“Supta” — meaning “reclining”

“Baddha” — meaning “bound”

“Kona” — meaning “angle”

“Asana” — meaning “pose”

It is the supine, or lying down, version of the seated hip-opener, [Bound Angle \(or Cobbler's\) Pose \(Baddha Konasana\)](#).

How to Do

- Start from [Staff Pose \(Dandasana\)](#), with your legs extended in front of you on the [mat](#).
- Bend your knees and draw your heels in toward your pelvis. Press the soles of your feet together and let your knees drop open to both sides. This is Bound Angle (or Cobbler's) Pose (Baddha Konasana).
- Lean back and bring your elbows to the floor.
- Next, lower your back all the way to the floor.

LEARN YOUR POSE

- Gently adjust so that your spine stretches along the floor while maintaining the natural curve of the lower back.
 - Draw your shoulder blades gently inward and let your arms relaxed and palms up.
 - Relax the lower part of your body to point the tailbone towards the heels.
 - Finally, close your eyes and breathe.
 - Let your body sink and feel the connectivity with the earth.
 - Stay here for few minutes.
 - When you feel to come out of the pose, draw your knees together and flap them gently to get over from any kind of tension.
-