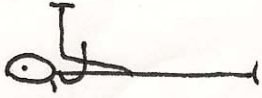


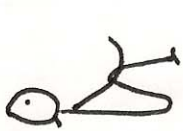
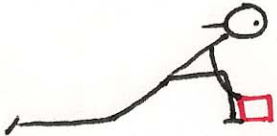
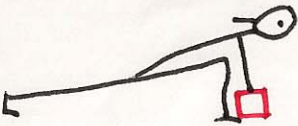
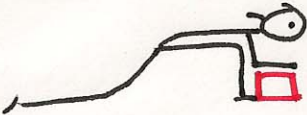

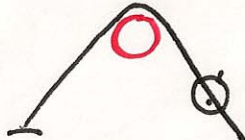

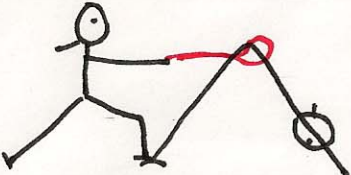
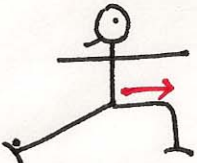
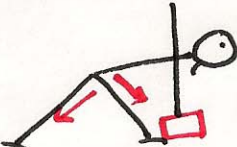


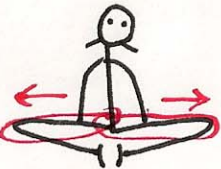
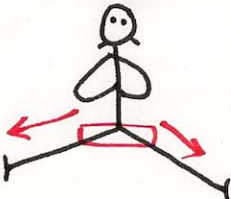
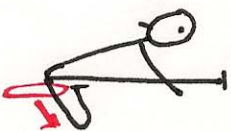
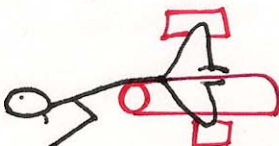



# Baddha Konasana

Lengthening the inner thighs and hollowing the groins to find ease in Bound Angle Pose.

 <p><b>Ardha Anandabalasana</b></p>	 <p><b>Knee Circles</b></p>	 <p><b>Cross-leg Twist</b></p>	 <p><b>Apanasana</b></p>	 <p><b>Low Lunge</b></p>
 <p><b>Low Lunge</b> Lift back knee</p>	 <p><b>Inside Lunge</b> Elbows on blocks</p>	 <p><b>Vrksasana</b></p>	 <p><i>hollow belly</i> <b>Adho Mukha Svanasana</b></p>	 <p><b>Balasana</b> Knees wide apart</p>
 <p><b>Partner Adho Mukha Svanasana</b> Strap over sacrum, between thighs</p>	 <p><b>Virabhadrasana II</b> Turn pelvis towards front foot to ease pull on knee</p>	 <p><b>Trikonasana</b> Turn pelvis towards front foot to ease pull on knee</p>	 <p><i>hollow belly</i> <b>Uttanasana</b></p>	 <p><b>Malasana</b></p>
 <p><b>Baddha Konasana</b> 2 looped straps around knee and opposite hip</p>	 <p><b>Upavista Konasana</b></p>	 <p><b>Janu Sirsasana</b></p>	 <p><b>Setu Bandha Baddha Konasana</b></p>	 <p><b>Savasana</b></p>