

## Baddha Konasana & Supta Baddha Konasana

*This is a two part series, basically the principal of this yoga is to bring balance, so for every forward bend we follow with a back bend. This is a good pose to connect deeply with the womb for clarification and restorative purposes. This pose can take you into very deep states of peace when done with a gentle approach.*

### Part one: Baddha Konasana Butterfly Pose

1. Sit on floor or mat with soles of feet together. Hold ankles or feet. Draw knees apart.
2. Press sitting bones into floor while lifting chest to sky.
3. Draw shoulder blades onto back while spreading across collarbones.



4. Continue to open hips and allow knees to descend towards floor without pushing. Stay in the pose and breath for 1-3 minutes.

5. Once the hips feel open and spine is fully extended, slowly bend forward, using the elbows to maintain the spinal extension. Keep sitting bones connected to floor at all times. Close your eyes and breathe gently into the hips and womb, feeling that 'edge' where your up against the tightness/restriction, don't push it, just stay there and listen.

All kinds of things may arise or release with your loving awareness. Follow the body's invitation to surrender and stretch deeper. Hold for around 3 min then slowly return to the upright position using the elbows.



### Part Two - Supta Baddha Konasana Goddess pose

1. Maintain the spinal extension, keep sitting bones connected to floor at all times slowly recline. Depending on your flexibility, injury's or stage of moon cycle, you can support your self with bolsters, cushions, straps and blankets, to alleviate unnecessary stress on the body.



\***Strap** tie around your feet and lower back, holds feet together and close to the body.

\***Bolster** under knees for relief of lower back pain, under lower back for back bend stretch or along along spine to open chest.

\***Blankets** can be used anywhere as a prop or to keep warm, i like to lay it across the hips for a little weight and warmth.

Whilst in this posture you can exercise 'The internal weeding, or weeding of the internal garden'

Simply bring you hands to your breasts, womb or the tight areas in the groin and hold there while feel into the contraction and communicating with the body about what it's holding. as you allow sounds, movements, shudders, shakes.

Most of the damage or 'shut downess' is a result of unconscious relationship to ourselves. This is reflected in the kinds of experiences the body is storing or holding onto. The tightness may not be physical, it may be blocked energy from a belief, an experience, a thought, an emotion, or past trauma. In most cases the unlocking and liberation of this energy is a process of recognizing where we have abandoned ourselves and remaining present with ourselves through what ever experience the body is having. This presence alone will alter that pattern, realigning and restoring the body to it's natural blissful open and soft inherent state of being.

To Practice this yoga without loving awareness will only add insult to injury. The postures themselves are by the by, it's your approach to them that will create all the benefits. Enjoy!