

Back Pain



Reclined Cobbler's Pose

Supta Baddha Konasana

1 to 5 minutes

Props

✓ Two blocks or two blankets

Instructions:

1. Start by lying on your back with your legs bent and the soles of your feet on the ground close to your hips. Drop your legs open so the soles of your feet come together. Position your arms on the ground so that your hands are six to eight inches from your sides, palms facing upward. Relax.
2. Stay in the posture for one minute initially, breathing evenly. With practice increase the time in the pose to 5 minutes.

Modification:

If you feel strain in the groin, support the thighs with blocks or blankets.