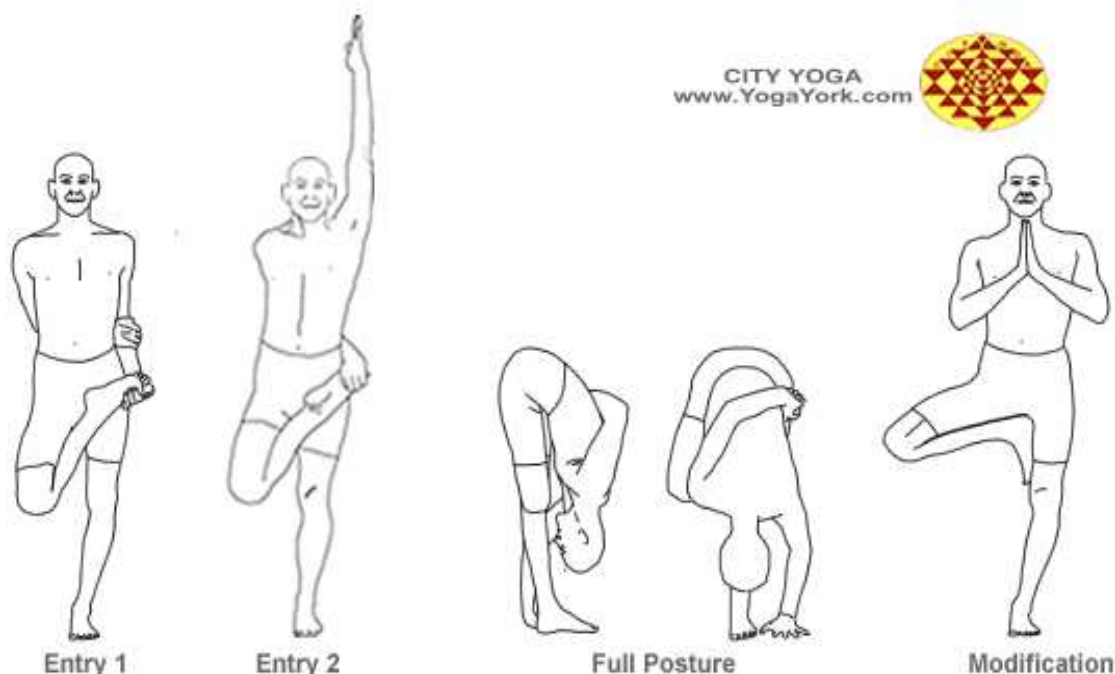


Ardha Badha Padmottanasana

Half Bound Lotus Intense Stretch

This posture is the first of the primary series postures to utilise the binding of postures. In the full posture the heel presses into the lower abdomen, stimulating blood flow in that area. The binding arm helps to open the front of the body.



Entering the posture

From the previous posture, on the inhale lift the right leg and reach around the back to take hold of the big toe or the top of the foot. On the next inhale and reach around to take hold of the inner arm or pass the foot into the right hand (entry 1). On the inhale raise the right hand to lengthen the front of the body (entry 2). On the next exhale fold down over the standing leg (it helps to bend the knee) and place the fingers and toes in line.

Working within the posture

- Keep the hips square and level.
- Use the hand to stabilise the body and avoid hyperextension through the back of the standing knee.
- Draw the shoulder blades down and level the collarbones.
- Relax the neck.
- Cultivate a feeling of steadiness, grace and poise by working to keep the breath long and flowing.
- The breath and bandhas are the key to keeping the posture steady and strong.

Modified posture

- Stay in entry 1 and take hold of the inner arm. Move the hand down the arm toward the foot. Eventually the hand will reach the foot. If the hand can take hold of the big toe but the forward bend is not possible then work in entry 2. If half lotus is not possible then take the foot to the inside of the leg and the hands together in the modified version.