

## **Reclined Cobbler's Pose** ***Supta baddha konasana (soop-tah bah-duh kuh-nah-suhn)***

### **Intention**

1. Restorative
2. Hypertension, potential decrease of stress induced
3. Anxiety, reduction
4. Diminish hip joint restriction secondary to muscular tightness
5. Osteokinematic and arthrokinematic range of motion in spine and lumbosacral and sacroiliac joints
6. Postural training
7. Thoracic spine extension/opening
8. Pectoral group lengthening, depending on arm position chosen

**Props needed** – 1-2 blocks, 1-2 blankets

**Starting Position** – Supine over 1-2 blankets, either under the mid thoracic spine or under the upper spine and head

### **Action**

**Entry** – Fold 2 blankets or use 2 blocks for use under the knees. Lying on your mat, with or without supporting blankets under the spine (see photos). Bring the soles of the feet together and allow the knees to rest out to the side. Place the blanket and/or block under each knee, supporting it near the hip joint. Remain here for as long as is beneficial.

**Exit** – Help the legs together and remove the blocks to the left side. Roll to the right side using safe transfer techniques and remain here for several breaths before returning to seated.

### **Alignment**

**Spine** – Always support the spine with blankets when needed.

**Upper extremities** – They can rest at 45 degree angles out from the sides with palms upturned, or they can rest above or hands clasped behind the head.

**Lower extremities** – Always support the legs with props, unless the knees can both completely rest on the floor.

### **Static Restorative Approximations**

1. Support the spine in an inclined position, even against a wall for extra support.
2. Support the hips with extra blankets on top of the blocks under the knees.
3. Remain in the posture for a shorter amount of time.
4. Practice reclined supported tree pose instead.

### **Dynamic Modifications**

1. Place a graded fold of blankets under the trunk if there is existing back pain, in order to put the spine on a gentle incline.
2. In addition, sometimes a small blanket roll under the low back and under the shoulders, neck, and head helps.
3. **THORACIC SPINE RESTORATIVE OPENER:** Place a blanket under the thoracic supine (at the scapulae and above the lumbosacral junction) for an active thoracic spine opener.
4. **RESTORATIVE WITHOUT THORACIC OPENING:** If the thoracic spine opener version is too intense, place blankets under the head, neck, and upper spine for support without opening.

### **Teaching & Tactical Cueing Primer**

1. As the hip joint opens and relaxes, move the supporting prop closer to the knee to allow for more opening of the hip.
2. For shoulder flexion and pectoral opening, place the arms above the head or clasp the hands behind the head for those with restricted shoulders.

### **Therapeutic Applications**

*Annamayakosha* –restorative, decrease stress related hypertension, see physical benefits in intention section

*Pranamayakosha* – respiration

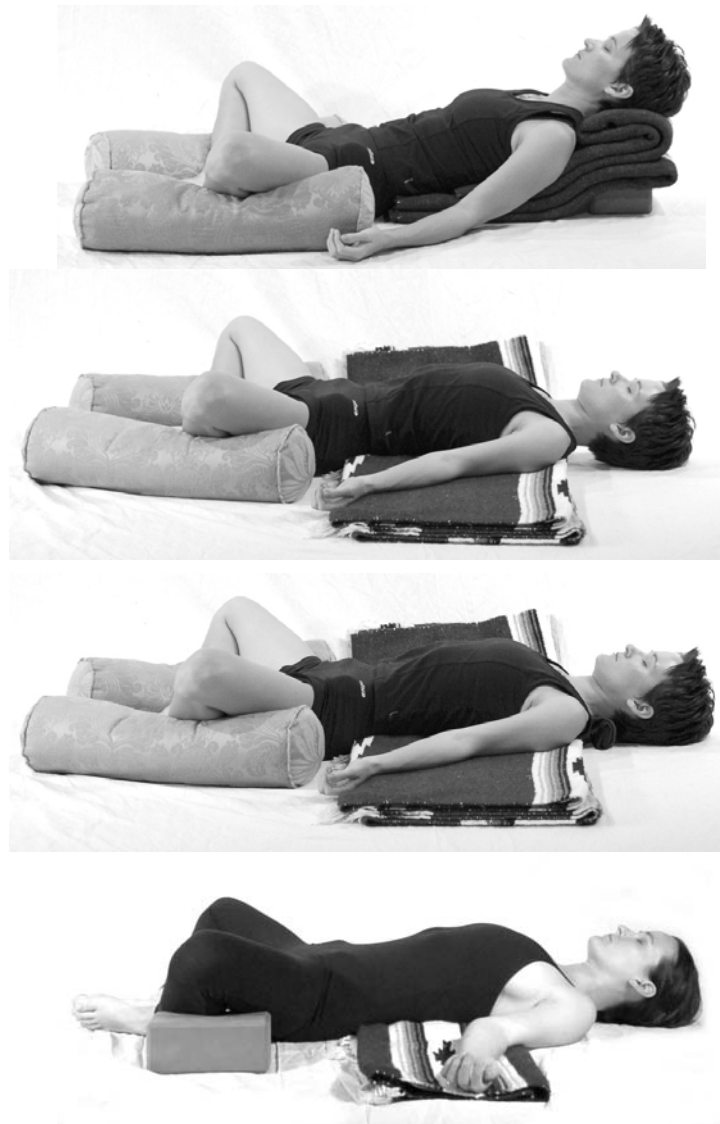
*Manomayakosha* – decrease anxiety, improve energy, relaxation

*Vijnamayakosha* – restorative for the intellectual sheath

*Anandamayakosha* – body intelligence, respect, awareness

**Doshic Applications** – neutral pose – beneficial for each *dosha*

**Contraindications** – None, except second trimester and beyond pregnancy. After that time supine lying greater than a few minutes is to be avoided. Prop the trunk on a graded stack of blankets to create a “reclining pose”, rather than a supine pose.



**Figure 6-18. Reclined supported cobbler's; top – *THREE TIER APPROACH* with bolsters; second from top – cervical retraction with bolsters; second from bottom – cervical retraction with supported cervical lordosis with bolsters; bottom – thoracic opener with blocks under knees (*TRI-FOLD*) blanket**