



Ardha Baddha Padmottanasana(Half Bound Lotus Standing Stretch)

Description

Ardha Baddha Padmottanasana

â??ardhaâ?• = half

â??baddhaâ?• = bound

â??padmaâ?• = lotus

â??uttanaâ?• = intense stretch

Half Bound Lotus Standing Stretch

In [Bikram Hot Yoga](#), called Tree Pose

Heart of Pose

- Hip Stretch
- Hamstring Stretch
- Standing Balance

Cautions

Preparation Required

The body should be heated and prepared before practicing this challenging posture.

Patience & Compassion

- To wisely practice this pose requires patience, listening to the body and practicing compassion in order to avoid pushing past physical limits.
- This pose is often taught hand-in-hand with the teaching of [ahimsa](#) (non-violence).

Knee Risk

- Preparation poses and variations should be practiced until hips are sufficiently open to keep knees safe.
- The bent knee is, of course, at risk in [Half Lotus](#).
- The knee of the standing leg is at risk of [hyperextension](#) due to the forward bend and because the bent leg pressing against standing leg may place too much pressure on that knee.
- See more in [Anatomy of Knees: Function & Issues](#).

Effects / Benefits

Energy, Mood, Emotion

Effects to energy, mood or emotion may include the following.

- Can inspire confidence.
- Develops focus.

Inner Body

Inner body effects may include the following.

- Tones [abdominal organs](#).

Musculoskeletal

Musculoskeletal effects may include the following.

- Opens hips, hamstrings, quads, back and shoulders.
- Strengthens standing leg.

Basic Form

Set Up

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1. Begin in [Tadasana](#) (Mountain).
2. Inhale, draw leg up at an angle.
3. Hold foot with both hands or with opposite hand.
4. Keep shoulders and hips square.

Moving Into Pose

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Inhale

1. Exhale, take hold of foot, or hold opposite arm.
2. Inhale, stay or raise opposite arm.
3. Exhale, stay or bend at hips to fold forward.
4. Take hand to block or floor beside foot.

Gaze

- Past end of nose

Hold Time

- 5 breaths or 20-30 seconds

Coming Out

- Inhale to come back up.
- Exhale to release foot.

To Emphasize



1. Move with patience and compassion (integrity over ego).
2. Keep hips level and square.
3. If standing knee bends or hips move out of alignment, take a less intense bind or back off and do other hip stretching.
4. When folding, draw chin toward shin.
5. Avoid excessive rounding in back.
6. Release any strain in neck.

Verbal Cues

General Verbal Cues

1. Draw lotus heel toward navel.
2. Release lotus knee down away from hip.
3. Keep inner and outer heel reaching evenly.
4. Keep shoulders square.
5. •Lengthen your inner thigh toward the inner knee as you draw the skin of the outer knee up toward the hip. Continue this loop of energy to protect the knee and open the hip.• (Chuck Miller & Matty Ezraty)
6. Keep hips level.
7. Gaze forward.



Binding

1. Hold wrist with opposite hand.
2. If standing knee bends or hips move out of alignment, release effort to a less intense bind.

Folding

1. Draw chin toward shin.
2. Avoid excessive rounding in back.
3. Release any strain in neck.

Inspiration

MAXIMIZING REVERENCE & MINIMIZING VIOLENCE

A good time to learn about maximizing reverence and minimizing violence isâ? with a posture like *Ardha Baddha Padmottanasana*. Yoga practice is designed to increase our awareness, amplify our sensitivity to the suffering of the world, and develop our compassion. One of the ways it does that is by teaching us to recognize what hurts and what feels good within our own body. If we catch ourselves pushing a little past our edge, greedily grabbing for more than our body can do safely, we can learn to recognize that behavior as a manifestation of *himsa* (violence). Hopefully, that recognition will help us avoid getting hit over the head by the lesson in the form of a painful injury. â?? Beryl Bender Birch

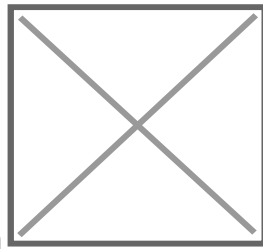
INTEGRITY VS EGO

A posture done with integrity is much more beautiful than one based in ego and illusion. Beyond that, the tendency to push is not useful and can lead to a host of injuries. *Ardha Baddha Padmottanasana* is a pose worth learning for any studentâ??it challenges the hips, ham-strings, and shoulders, and it requires balance. But a better alternative to forcing the pose is to cultivate the qualities of restraint and intelligenceâ? Strive to understand the actions of the pose and then work them intelligently until you can increase the intensity. Pain in any part of the body should not be confused with an â??openingâ?; it is your body sending you a message. In this case, the joint below will suffer for the joint above, so if your hips are tight and you force your way into Half Lotus, your knees will suffer. Instead, choose to honor *ahimsa* and *satya* by staying present with what is happening in your body and then adapting your practice, rather than forging ahead unconsciously. â?? Chuck Miller & Maty Ezraty

Variations

Ardha Baddha PadmottanasanaHalf Bound Lotus Standing Stretch A person doing a handstandDescription automatically generated with low confidence		See Basic Form for instructions.
Lessen Fold IntensityHand to Block		Place block (any of 3 heights) beneath shoulder.
Lessen Bind IntensityBind to Arm A person standing on a matDescription automatically generated with low confidence		Take hold of opposite arm rather than lotus foot.

No BindVariation or Preparation



As a preliminary stage, or a stopping point, practice hip opening and balance without binding.

Extend Arm UpwardVariation or Moving into Pose

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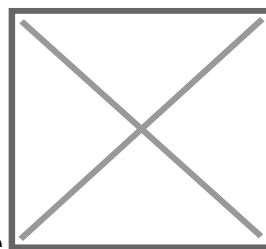
Either as a lengthening prior to folding forward or as a variation, extend arm upward, keeping hips and shoulders square.

Standing Figure 4 VariationsPreparation or Alternative

A person doing yogaDescription automatically generated with low confidence

As prep or alternative, practice [Standing Figure 4 variations](#).

Standing PigeonPreparation or Alternative



See [Stretches: Figure 4 Variations](#) for instructions.

Alternative: VrksasanaOr Other Balance Poses

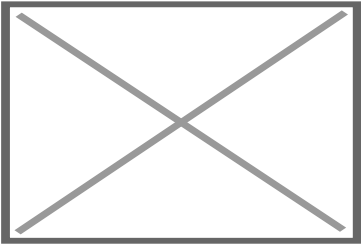
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[Tree Pose](#) may be a good alternative for some students.

Vrksasana VariationAlternative

A person doing a yoga poseDescription automatically generated with medium confidence

Janu SirsasanaPreparation or Workshop



Take arms overhead, keeping hips and shoulders square.

[Janu Sirsasana](#) is a â??fa basic yoga posture, but itâ??s also incomparable in a useful way to start the stretching processes of the hamstrings, opening the hips, and twisting the spine.â??

[Bender Bi](#)

[Eka Pada Rajakapota](#) variations serve as preparation for alternative part of a workshop series.

Pigeon PosePreparation or Workshop

A person sitting on the floorDescription automatically generated with medium confidence

Sequencing

Overview

- This is a challenging posture requiring openness in hips, hamstrings and shoulders.
- There are significant cautions related to knee safety in both legs. Patience and compassion are necessary to stay safe.
- Stretching the hips is fundamental preparation.
- Lengthening hamstrings will prepare for forward fold. [Uttanasana \(Standing Forward Bend\)](#) and [Janu Sirsasana \(Head to Knee\)](#) are some options.

- Opening shoulders via [Shoulder Stretches](#), [Purvottanasana \(Upward Plank\)](#) and [Ardha Baddha Padma Paschimottanasana \(Bound Half Lotus Seated Forward Fold\)](#) can help prepare for practicing the bind.
- You may also wish to prepare with other balance poses such as [Vrksasana \(Tree\)](#) and [Standing Pigeon](#).

Preparation

Sucirandhrasana

[Sucirandhrasana \(Eye of the Needle Pose\)](#) shown here can help to stretch the hips.

A person doing a yoga poseDescription automatically generated with low confidence

This pose can also be practiced with the foot at the wall, as shown here.

A person doing a plank on the floorDescription automatically generated with low confidence

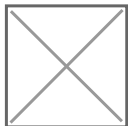
Eka Pada Rajakapotasana

[Eka Pada Rajakapotasana \(Pigeon Pose\)](#) variations are, of course, considerations for hip stretching.



Standing Hip Stretches

Standing Pigeon is a standing balance with hip stretch to consider. See [here](#) for detailed instructions.



See also [Eka Pada Utkatasana \(One-Legged Chair Pose\)](#), another standing balance hip stretch.

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Janu Sirsasana

[Janu Sirsasana \(Head to Knee\)](#) is a classic prep pose.

A person lying on the backDescription automatically generated with low confidence

Shoulder Stretches

A chair can help to open shoulders with stretch shown here.

A person doing yogaDescription automatically generated with medium confidence

You may wish to add Shoulder Stretches to other poses such as [Virabhadrasana I \(Warrior 1\)](#) shown here.

A person doing yogaDescription automatically generated with medium confidence

See [Shoulder Stretches](#) for more.

Neutralizing, Countering & Balancing

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Some considerations include:

- Neutral pose, such as [Tadasana \(Mountain\)](#)
- Mild backbend such as [Setu Bandhasana \(Bridge\)](#)

Sample Sequence

Warm Up

- Include gentle spinal movement such as Cat-Cow Flow and Shoulder Stretches from hands and knees or seated
- [Sucirandhrasana \(Eye of the Needle Pose\)](#)

Heat Building & Preparation

- [Surya Namaskar](#)
- [Crescent Lunge](#) and [Anjaneyasana \(Low Lunge\)](#) Variations

Standing Poses

- Add Shoulder Stretches to standing poses
- Open Hip Poses such as [Virabhadrasana II \(Warrior 2\)](#), [Trikonasana \(Triangle Pose\)](#), [Parsvakonasana \(Side Angle Pose\)](#), [Ardha Chandrasana \(Half Moon Pose\)](#)
- Standing Forward Bends such as [Uttanasana \(Standing Forward Bend\)](#), with hands clasped behind back & Padanghustasana
- Neutral Hip Standing Poses such as [Virabhadrasana I \(Warrior 1\)](#) and [Parsvottanasana \(Pyramid Pose\)](#)
- [Standing Pigeon](#) and/or [Eka Pada Utkatasana \(One Legged Chair Pose\)](#)
- [Prasarita Padottanasana \(Wide Legged Standing Forward Bend\)](#) variations
- [Vinyasa](#) to seated

More Hip Stretching

- [Janu Sirsasana \(Head to Knee Pose\)](#)
- [Eka Pada Rajakapotasana \(One Legged King Pigeon Pose\)](#)
- [Adho Mukha Svanasana \(Downward Facing Dog Pose\)](#)
- [Tadasana \(Mountain Pose\)](#)

Peak Pose

- [Vrksasana \(Tree Pose\)](#)
- [Ardha Baddha Padmottanasana \(Half Bound Lotus Standing Stretch\)](#) â?? any step toward full pose
- [Adho Mukha Svanasana \(Downward Facing Dog Pose\)](#)
- [Tadasana \(Mountain Pose\)](#)

Backbends

- [Salabhasana \(Locust Pose\)](#), [Bhujangasana \(Sphinx Pose\)](#), and/or [Setu Bandhasana \(Bridge Pose\)](#)

Cool Down

- Half Dog Pose / Right Angle Pose at Wall, Reclined Twist, etc.
- [Halasana \(Plow Pose\)](#), [Salamba Sarvangasana \(Supported Shoulderstand\)](#), [Ananda Balasana \(Happy Baby Pose\)](#), etc.

To Finish

- [Savasana \(Corpse Pose\)](#)

Category

1. Uncategorized