

## Pose of the Month

### *Frog (Mandukasana)*

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For the month of September, you will experience Frog Pose and/or a variation in all of our Flow classes at Verge Yoga.

With this monthly focus on a pose, you will gain a deeper understanding of the pose, it's benefits, modifications and variations.

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#### Alignment Cues

- Use padded mat under knees and ankles
- Align ankles behind knees
- Place one or two blocks under navel
- Pull hips back behind knees and scoop tailbone
- Rest on elbows

#### Variations

- Standing Frog
- Prone Half Frog
- Kurmasana or Seated Tortoise Pose
- Wide Angle Split
- Deep Squat

#### Benefits

- Open hip joints, which reduces strain on the knees
- Increases flexibility of inner and outer thighs
- Strengthens the lower back while opening hips
- Improves digestion