

Published based on [Yoga Pose: Seated Ankle to Knee](#)

Yoga Pose: Seated Ankle to Knee

This yoga pose is so easy, and it really helps a lot! Click on the link below to watch a video on how to do this yoga pose.

Stuck behind a desk all day? This pose from [YogaWorks](#) can help eliminate pain caused by sitting for long periods of time. It also works to release the lower hips and back and helps prevent sciatica.

[Yoga Pose of the Week: Seated Ankle to Knee - That's Fit](#)

You can also find this article published on [Yoga Pose: Seated Ankle to Knee](#)