Pigeon pose / Eka Pada Rajakapotasana

 

Pigeon pose is a hip opening pose. It can either be very comfortable or challenging so only hold for as long as feels comfortable and use props as required.

* From all fours slide 1 leg forward placing the knee in between the hands
* Slide the front leg across to place the foot in front of the thigh of the back leg
* Stretch the back leg away ensuring no weight is pushed into the knee
* Keep the back flat & hips even – don’t roll onto the front thigh
* Stay lifted or fold over the front leg as either variations pictured above
* Breath is relaxed
* Change sides when ready

Pose Benefits:

* Cooling
* Quiets the mind
* Front leg – stretches inner thigh & hip rotators
* Back leg – stretches hip flexors & works hamstrings

Contraindications:

* Knee or hip injury or replacement
* Hamstring injury