

PIGEON POSE FF01

DIRECTIONS

Face the anchor and hold the rope allowing slight tension. Sit up and lay the left knee flat directly in front of you. Now place your right knee right below and touching your left foot. Bend your head forward until the chin touches your left knee. This is called Animal Relaxation Pose. Be still and focus on breathing, relaxing in the forward bend for 30 seconds. Repeat for the other side.

When Animal Relaxation Pose is mastered, one may graduate into Pigeon Pose by straightening the back leg all the way back and slightly rolling up the front leg as comfortable. Relax and let the stress melt away.

BENEFITS

Pigeon Pose is the perfect hip opener. Tight hips eventually lead to functional problems with the low back above and or to the knees below. Open hips relieve the stress and pressure transferred to the knees. Clear hips also provide the back a full range of motion helping to avoid lower back strain. Flexible and aligned hips are essential for a properly functioning body.

Pigeon Pose stretches the hip rotators (the deep glute area) *and* the hip flexors (the long psoas muscles that run along the front of your thighs and pelvis). The lower back is lengthened. The pelvis is relieved. The groin and hamstrings are stretched.