



## Pigeon Pose

Pigeon Pose, also known as Eka Pada Rajakapotasana in Sanskrit, is a yoga posture that stretches the hips, thighs, and groin while also releasing tension in the lower back. Here's how to perform Pigeon Pose:

1. Begin in a tabletop position on your hands and knees, with your wrists aligned under your shoulders and your knees under your hips.
2. Slide your right knee forward towards your right wrist, bringing your right shin parallel to the front edge of your mat. Your right foot can be closer to your left hip or extended diagonally towards your left wrist, depending on your flexibility.
3. Extend your left leg straight back behind you, with your left knee and top of the foot resting on the mat. Ensure your left leg is straight and aligned with your hip.
4. Square your hips towards the front of your mat, with your right hip rotating slightly outward and your left hip rotating slightly inward.
5. If your hips are tight, you may choose to place a block or folded blanket under your right hip for support.
6. Inhale as you lengthen your spine, lifting your chest and arching your back slightly.
7. Exhale as you begin to walk your hands forward, lowering your chest towards the mat. You can rest your forearms on the mat or extend them forward, resting your forehead on the mat if it reaches comfortably.
8. Hold the pose for 30 seconds to 2 minutes, breathing deeply and relaxing into the stretch.
9. To release, press into your hands to lift your chest, then carefully slide your right knee back and return to tabletop position.
10. Repeat the pose on the opposite side, bringing your left knee forward.

Remember to listen to your body and modify the pose as needed to suit your flexibility and comfort level. Avoid Pigeon Pose if you have any knee or hip injuries and consult with a qualified yoga instructor if you're unsure about your alignment.