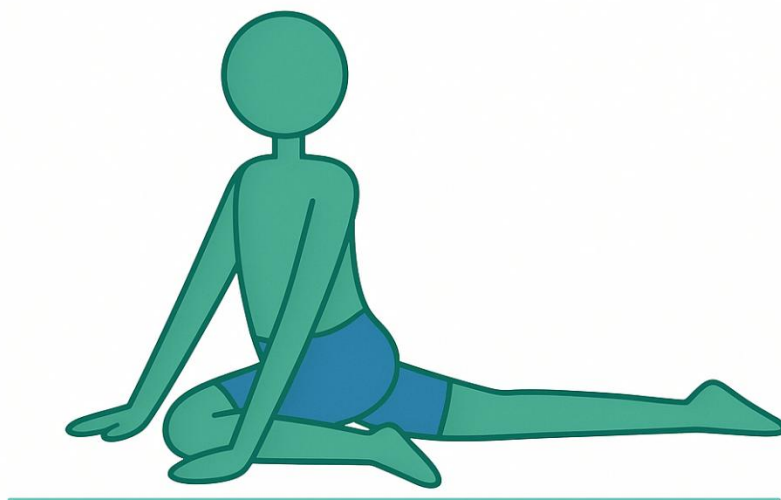




HALF PIGEON POSE

Half Pigeon Pose

Steps

1. **Start in Downward-Facing Dog.**
Inhale to lengthen your spine.
2. **Bring your right knee forward.**
Slide it toward your right wrist; place your right shin on the mat at a comfortable angle (it doesn't have to be parallel to the front edge).
3. **Extend the left leg back.**
Slide the left knee and thigh straight back, top of the left foot on the mat. Keep the back leg pointing straight behind you.
4. **Square your hips.**
Level the pelvis to face the front. If your right hip is lifted, **put a folded blanket or block under it** so you're supported.
5. **Set the front foot.**
Flex the right foot lightly to protect the knee; keep the knee pain-free (adjust shin angle as needed).

6. **Find your shape.**

- **Upright:** Hands beside hips, chest lifted.
- **Fold:** Walk hands forward and bow over the front shin, resting on forearms or a block/bolster.

7. **Breathe and hold.**

Stay 5–10 slow breaths (or 45–90 seconds), keeping shoulders soft and spine long.

8. **Exit safely.**

Walk hands under shoulders, tuck the back toes, lift the hips, step back to Down Dog. Shake out the right leg, then **switch sides**.