



Pigeon

1a. Begin on your hands and knees. Cross left leg in front of right knee.

1b. Slide the right foot back, straightening the knee. Slide the arms forward, bringing forehead toward the floor. Hold for 30 sec.

1c. Draw hands back to either side of the knee. Exhale as you lift torso. Keep hips level.

1d. Draw hands back beside hips. Press up onto fingertips, lifting spine up/out of the pelvis. Keep hips down.

1e. Advanced: Reach hands together overhead. Gaze upward, still keeping hips down.

Repeat on opposite side.

