



Standing Hip External Rotation (Standing Pigeon)

Stand tall with the side of your right calf and thigh on a table or surface at or below hip height. Left foot is directly under your hip, toes are pointing forward with knee bent. Feel a stretch in your right hip/buttock area. To increase stretch bend left knee further, keep low back arched as you bring your navel towards your the table hinging at your hip crease. Place elbows on the table in front of you. Keep lengthening spine by pressing hands towards hips as you continue to bring chest towards the table. Hold and repeat on other side.