

Pigeon

Why we do it:

Balance. Lengthens spine.
Opens up the shoulders and chest.
Variations for mobility and a greater range of movement.

Functional Benefit:

Stability
Mobility
Flexibility



Get into the Downward Dog position.

Bring right knee between your hands and lower to the floor.

Lower chest to knees and extend arms to the front, forehead on floor.

Bring hands to shoulders, lift torso and return to the Downward Dog position.



Bring right knee between your hands and lower to the floor.

Bend your left knee and bring foot towards buttocks.

Reach back with right arm to grab foot to extend the stretch, return to the Downward Dog position and repeat on the opposite side.



Bring right knee between your hands and lower to the floor. Bend your right foot towards your buttocks and rotate your torso to the left.

Hold right foot with right arm, and extend left arm behind you.

Return to Downward Dog position, return to the kneeling and repeat on the opposite side.