



PIGEON POSE

YOGA POSES FOR RUNNERS

Pigeon pose is perfect for stretching and bringing mobility back into tight hips resulting from running.

- Stretches the hip rotators (buttocks/glutes area) and the hip flexors (the long muscles that run along the front of your thighs and pelvis)
- Brings increased suppleness in the pelvis through external rotation in the front leg and substantial internal rotation in the back leg
- Can relieve sciatic pain
- Requires focus to release into the stretch and an awareness of breath

- 1** Starting in all fours, bring your right knee to the outside of your right wrist. Slide your opposite leg back as you wiggle your right shin forwards as far as is comfortable. Your right heel will land close to or under your left hip crease.
- 2** Stretch your left leg back behind you and evenly spread your weight across both legs.
- 3** Sit up tall with your hands underneath your shoulders, lengthen your torso as you inhale and then walk your hands forward along the mat coming as low as you can. If necessary rest on your elbows, or place your forehead on stacked fists or the backs of your hands.
- 4** Relax into the posture with an even breath holding for anything up to 5 minutes. Square your hips by drawing right hip back and left hip forwards.