

Pigeon Peak Pose: Opens Your Hips & Releases Negative Energy

Image	Pose	Description
	Seated Sequence	
	Seated Pigeon	Sit with legs straight in front. Lean back slightly on hands. Place right ankle over left knee. Bend left leg and bring heel in towards hip. Keep right foot flexed to support knee. Move hips closer to the left foot (deepen stretch). Move hands away from you and lean into them. After coming out, shake out arms to relax them. Repeat on other side. Alternatives: Pigeon pose. Benefits: Arms & shoulder stretch. Hip opener. Chest opener. Core. Ankle stretch. Video: https://www.youtube.com/embed/dl474z1bhnk Modifications: Eye of the needle pose. Precautions : Knee injury
	Cradle Baby	Sit with legs crossed. Keep left leg crossed. Hold right foot with both hands. Draw right shin into chest and cradle knee in elbow of right arm. Gently rock back and forth as if cradling a baby. Benefits: Hip opener. Stretches hams and calves. Video: https://www.youtube.com/embed/mUISBECd7W0 Modifications: A) Cradle Baby with a straight leg. B) Seated Knee Rotations (hold thigh and rotate your knee). Precautions : Hip injury.

Image	Pose	Description
	Reverse Pigeon II	Sit with your legs straight in front of you. Lean back slightly on hands. Place right ankle over left knee. Bend left leg and bring heel in towards hip. Keep right foot flexed to support knee. Move hips closer to the left foot (deepen stretch). Slide hands further behind yourself and bring them as close together as possible. Gently drop head back to extend neck. After coming out, shake out arms. Repeat on other side. Alternatives: Pigeon pose. Benefits: Arms & shoulder stretch. Core. Hip opener. Chest opener. Balance. Video: https://www.youtube.com/embed/dl474z1bhnk Modifications: Eye of the needle pose. Precautions : Knee injury
	Piriformis Stretch	Option 1: Loop around left foot. Bring left ankle on right thigh. Push knee away while pulling on strap to bring ankle towards you (right foot will raise off mat). Option 2: Take strap around thigh instead of ankle and do the same thing. Benefits: Opens up piriformis and hips. Video: https://www.youtube.com/embed/ZXXQBoUj664 Modifications: Option 2 (strap around thigh). Precautions : Knee injury.
	Side Lying Sequence	

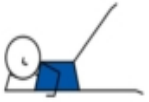
Image	Pose	Description
	Side Reclining III Prep	Lie on left side. Press outer part of left foot and heels firmly into floor. Raise right arm over head. Arm perpendicular to body. Left arm supports head. Bend right leg at knee. Stretch right leg up. Hold. Release. Repeat on other side. Benefits: Stretches back muscles. Flexible spine. Video: https://www.youtube.com/embed/Dha6wZbFLbY Modifications: Side reclining on elbow. Side reclining on elbow with knees bent. Easy side reclining pose with chest raised off mat.
	Quad Stretch Strap	Lie on side. Loop strap around foot. Bring foot behind you. Gradually bring heel towards buttocks. Keep thighs close together. Engage core. Relax strap and deepen stretch (PNF stretching). Repeat on other leg. Alternatives: Dancer. Benefits: Quad stretch. Video: https://www.youtube.com/embed/ZXXQBoUj664 Modifications: No strap. Precautions : Shoulder injury.
	Standing Sequence	

Image	Pose	Description
	Mountain	Stand with feet hip-width apart. Tuck chin in. Legs slightly bent. Shoulders back and down. Benefits: Improves posture and concentration. Strengthens legs. Engages core. Strengthens your thighs, knees, and ankles. Firms your abdomen and buttocks. Relieves sciatica. Reduces flat feet. Video: https://www.youtube.com/embed/nwiyZSmfpWY?rel=0 Modifications: A) Palms together in prayer mudra behind the back. B) Hands raised over your head. C) Eyes closed. D) Samashtithi (feet together). E) Feet hip-distance apart. F) Rock gently back and forth and side to side. G) Block between the thighs. H) Palms together in front of the chest in prayer mudra. I) Interlace fingers and extend arms straight in front of you (shoulder stretch).- Precautions : Avoid locking the knees out (allow your knees to soften).
	Warrior II	Start in Mountain. Step feet wide apart. Raise arms parallel to floor. Palms down. Turn right foot in to right. Left foot at 90 degrees. Align left heel with right heel. Bend left knee over left ankle. Stretch arms parallel to floor. Turn head to look over fingers. Repeat on other side. Alternatives: Warrior I, III Benefits: Stretches groin, chest, shoulders, and abdominals. Relieves backache. Video: https://www.youtube.com/embed/4Ejz7IgODIU?rel=0 Modifications: A) High lunge with arms overhead. B) High lunge with backbend. C) High lunge with arms forward. D) High lunge with blocks under hands. E) High lunge with hands on hips. F) Block under back foot. G) Raise back heel on a folded blanket. Precautions : High blood pressure. Shoulder injury.

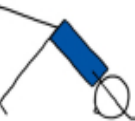
Image	Pose	Description
	Downward Facing Dog	Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw. Alternatives: Dolphin. Benefits: Stretches spine, hams, shoulders. Calms nervous system. Video: https://www.youtube.com/embed/ayRU3ecmPbl?rel=0 Modifications: A) Use a wall. B) Head on a block. C) Leg up. D) Arm up. E) Wide stance. Precautions : Pregnant. High blood pressure. Headache.
	Downward Facing Dog Leg Up	From Downward Facing Dog try as many variations as you can: Lift left leg. Lift right leg. Lift left hand. Lift right hand. Lift left leg and right hand. Lift right leg and left hand. Wag your doggie tail. Widen stance. Come up onto toes. Bend knees. Alternatives: Dolphin. Benefits: Fun. Video: https://www.youtube.com/embed/ayRU3ecmPbl?rel=0 Modifications: A) Use wall. B) Head on block. C) Leg up. D) Arm up. E) Wide stance. Precautions : Pregnant.
	Knee to nose	Come into Downward Facing Dog. Raise right leg up and bring knee to nose. Repeat on other side. Alternatives: Dolphin. Benefits: Stretches spine, hams, shoulders. Calms nervous system. Video: https://www.youtube.com/embed/PyNP6ZkNvFg Modifications: Wide stance. Precautions : Pregnant. HBP. Headache.

Image	Pose	Description
	Side Lunge Anjali Mudra	From standing wide-leg forward bend come up onto fingertips and lengthen spine (flat back). Bend right knee to a side lunge. Stay, or turn right toes out (knee and toes point in same direction). Turn left leg out so toes face up with heel on floor. Sink into a deeper side lunge. Lower pelvis. Keep sole of right foot on floor, or lift heel, coming up onto ball of right foot. Lift hands off floor, bringing torso more upright and challenging your balance. Rest hands at heart in Anjali Mudra (prayer position), or reach them out to side like you're shooting a bow. Benefits: Hip opener. Stretches hams, thighs. Video: https://www.youtube.com/embed/R47u4ZssPZc Modifications: A) Alternating Side Lunges (glide from side to side). B) Hands on blocks. Precautions : Knee or back injury.
	Goddess Anjali Mudra	Stand tall. Arms by sides. Step feet out wide. Turn toes out slightly. Bend knees and lower hips into a squat. Thighs parallel to floor, but not into a deep squat. Tuck tailbone. Press hips forwards. Draw thighs back. Knees in line with toes. Soften shoulders. Gaze softly. Hands in Anjali Mudra (palms together) over heart. Benefits: Hip & chest opener. Strengthens thighs, buttocks, & hamstrings. Stretches groin. Opens shoulders & chest. Strengthens core. Strengthens upper leg muscles (quads & inner thighs). Creates space in the pelvis by lengthening and relaxing hip muscles. Video: https://www.youtube.com/embed/wgXefCprLm0 Modifications: A) If squat is difficult sit on front edge of chair. B) Come onto tiptoes. C) Hands resting on thighs in Aakash Mudra (join and press tip of third finger with a tip of thumb). D) Raise up on toes and cross arms. Gaze down at mat. E) Goddess with a twist. F) Back against a wall. G) Gentle Goddess (don't lower into full squat). H) Raise arms overhead. I) Raise arms parallel to the mat with palms facing away and fingers pointed up. J) Goddess pose with eagle arms (arms interlocked). Precautions : Knee, leg or shoulder injury.

Image	Pose	Description
	Figure Four	Start in Mountain. Raise arms perpendicular to floor. Bend knees into Chair Pose. Firm shoulder blades against back. Draw hands to heart centre. Root down through right foot. With a strong core lift left foot away from mat. Place left ankle on top of right thigh. Pull core up and in. Draw weight onto right heel. Hips level. (Optional: Shift torso forward and hover arms over left shin). Find spot to focus gaze. Repeat on other side. Benefits: Balance. Focus. Strengthens ankles, thighs, calves, spine. Hip opener. Video: https://www.youtube.com/embed/7KvNMrl1vel Modifications: A) Back against wall. B) Close eyes. C) Bring hands over head. D) Baby tree (place insides of soles of one foot near insides of ankles of the other foot). F) Hands on hips. G) Hold ankle with one hand and use other hand to balance. H) Hold onto a chair. I) Half lotus tree (bring foot higher up your thigh). Precautions : Knee injury.
	Forward Bend	Stand in Mountain. Stretch arms overhead. Bend knees slightly. Fold forward from waist. Hold onto back of legs. Back of neck soft. Alternatives: Tabletop. Gorilla. Benefits: Stretch back, hams. Improves posture. Video: https://www.youtube.com/embed/hrp6Q_QyDkc?rel=0 Modifications: Bent knees. Loop fingers around big toes. Precautions : Back, knee, hamstring injuries.

Image	Pose	Description
	Downward Facing Dog	Start in Mountain. Forward bend. Step feet back one at time. Lift buttocks. Lengthen spine. Press down through heels. Tuck chin in. Look at feet. Release jaw. Alternatives: Dolphin. Benefits: Stretches spine, hams, shoulders. Calms nervous system. Video: https://www.youtube.com/embed/ayRU3ecmPbl?rel=0 Modifications: A) Use a wall. B) Head on a block. C) Leg up. D) Arm up. E) Wide stance. Precautions : Pregnant. High blood pressure. Headache.
	Low Lunge	Start in Downward Facing Dog. Step right foot forward, between hands. Lower left knee to floor, sliding foot back until you feel a nice stretch in left hip and thigh. Keep hips low and level with each other. Place hands on thigh (or lift chest away from thigh, sweeping arms up alongside ears). Look straight ahead. Lower hands and step back to Downward Facing Dog. Benefits: Stretches legs, groin, and hip flexors. Strengthens thighs and buttocks. Video: https://www.youtube.com/embed/R5zeuZuA8T4?rel=0 Modifications: A) Move between forward leg being bent and straight. B) Lower back knee to the mat.-C) Face a wall (press big toe of front foot against a wall and bring fingertips to the wall). D) Low lunge twist (bend back knee and reach for foot or ankle with opposite hand). E) Side lunge. Precautions : Knee injury.
	Cat Cow	Sit with buttocks on heels. Come onto all fours. Wrists under shoulders. Pull navel into small of back. Inhale while raising head. Exhale, while lowering head and arching spine up like a cat. Repeat. Benefits: Stretches lower back. Engage core. Decompress spine. Video: https://www.youtube.com/embed/kqnua4rHVVA Modifications: Knee to chest. Raise leg or arm. Precautions : Neck injury.

Image	Pose	Description
	Frog	Start on hands and knees. Knees wide apart. Inside edges of feet touch mat (angle of knees and ankles no greater than 90 degrees). Lower onto forearms. Back of neck long. Gaze down. Relax belly. Soften heart. Shoulder blades draw towards one another. Gently push hips backwards and down. Alternatives: Extended Puppy. Benefits: Stretches inner thighs, groins, hips. Opens chest, shoulders. Video: https://www.youtube.com/embed/TKDdMTmS08g Modifications: Blanket under knees. Walk knees further apart (deepen stretch). Precautions : Knee injury.
	Half Pigeon	Start on all fours with hands below shoulders. Bend right knee and slide it forward between hands (heel under left hip). Extend left leg behind you with toes tucked under. Hips face forward. Gaze up and expand chest. Lower chest onto thigh. Benefits: Stretches thighs, psoas, abs, chest, shoulders, and neck. Video: https://www.youtube.com/embed/jQMsyrLowFw?rel=0 Modifications: A) Hold onto back foot. B) Folded blanket under hip. C) Figure four version (Sit with knees bent, feet flat on mat, arms behind you for support. Bring right ankle over left knee, keeping foot flex. Walk left foot closer to hip to increase stretch). D) Figure four version lying on your back. Precautions : Ankle or knee injury.

Image	Pose	Description
	Half Pigeon Forward Fold	Start on all fours with hands below shoulders. Bend right knee and slide it forward between hands (heel under left hip). Extend left leg behind you with toes tucked under. Hips face forward. Gaze up and expand chest. Lower chest onto thigh into a forward fold. Alternatives: Pigeon. Benefits: Stretches thighs, psoas, abs, chest, shoulders, neck. Video: https://www.youtube.com/embed/VrDWNC6Gqq0 Modifications: Folded blanket under hip. Precautions : Ankle or knee injury.
	Extended Child	On all fours. Wrists below shoulders. Knees under hips. Use hands to walk forward and lower chest to floor. Drop buttocks until they reach halfway to feet. Arms straight. Forehead touches floor. Push hips back and stretch spine. Benefits: Stretches arms, shoulders, spine, hips. Video: https://www.youtube.com/embed/eqVMAPM00DM Modifications: A) Interlock fingers behind back. B) Knees together (instead of separated). C) Curl toes under (instead of flat). D) Place a rolled towel under shins. E) Place a yoga blanket underneath knees.-F) Place a bolster or pillow under belly or chest. G) Spread knees wider. Precautions : Knee injury.
	Relaxation	

Image	Pose	Description
	Savasana	Lie on back. Legs and arms apart. Feet to side. Palms up. Release back to floor. Close eyes. Inhale. Let abdomen rise. Exhale. Let abdomen fall. Feel heavy with each exhale. Benefits: Calming. Video: https://www.youtube.com/embed/YBe1nzunHJ0 Modifications: Knees up. Blanket under knees, head, back.

Lesson Plan Description:

Most students come to yoga class seeking relief for tight hips.- In fact, the most common request for yoga teachers is for “hip openers”. Pigeon Pose (Eka Pada Rajakapotasana) is one of the best poses to open hips. Your hips do a lot of work and that takes a toll. Short, tight hip muscles can reduce your range of motion throughout the joint, weaken your glutes, and tilt your pelvis, causing excessive curvature in your spine as well as low backaches.

There are many advantages to practicing-Pigeon Pose including...-

Physical benefits:

- Opens hip joint
- Lengthens hip flexor
- Stretches thighs
- Stretches gluteals
- Stretches piriformis muscles
- Extends groin and psoas

Collateral benefits:

- Helps with urinary disorder
- Stimulates the internal organs
- Increases hip flexibility
- Improves posture
- Improves alignment
- Improves suppleness
- Lessens or alleviates sciatic pain
- Reduces lower back pain and stiffness

Emotional benefits: It is a primal reaction to store stress, trauma, fear and anxiety in the hips. -These bottled up feelings create tight hips.-Pigeon Pose opens the hips and releases negative energy stored in your system.-So, are you ready to confront your unresolved emotions? The body and mind are connected, so take it one step at a time. Acknowledge the emotion or experience you are working through and allow yourself to let go. When moving into Pigeon Pose, be cautious and go slow.-

You can create lesson plans like this using the [Genie Lesson Planner](#)