





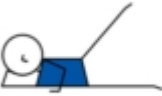
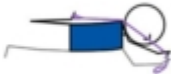




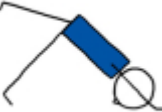

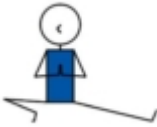



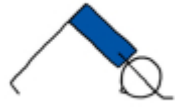


## Pigeon Peak Pose: Opens Your Hips & Releases Negative Energy

 <p><b>Seated Sequence</b></p>	 <p><b>Seated Pigeon</b></p>	 <p><b>Cradle Baby</b></p>	 <p><b>Reverse Pigeon II</b></p>	 <p><b>Piriformis Stretch</b></p>	 <p><b>Side Lying Sequence</b></p>
 <p><b>Side Reclining III Prep</b></p>	 <p><b>Quad Stretch Strap</b></p>	 <p><b>Standing Sequence</b></p>	 <p><b>Mountain</b></p>	 <p><b>Warrior II</b></p>	 <p><b>Downward Facing Dog</b></p>
 <p><b>Downward Facing Dog Leg Up</b></p>	 <p><b>Knee to nose</b></p>	 <p><b>Side Lunge Anjali Mudra</b></p>	 <p><b>Goddess Anjali Mudra</b></p>	 <p><b>Figure Four</b></p>	 <p><b>Forward Bend</b></p>



**Downward Facing Dog**



**Low Lunge**



**Cat Cow**



**Frog**



**Half Pigeon**



**Half Pigeon Forward Fold**



**Extended Child**



**Relaxation**



**Savasana**

## 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](#)