

## ADVANCED ASANAS

### *Kapotasana (Pigeon Pose)*



**Technique:** Come to downward dog pose or plank pose, bring your right knee forward and place it more or less behind your right hand. Place your ankle somewhere in front of your left hip. The more your lower leg is parallel with the front of the mat, the more intense the hip opener. Slide your left leg back, straighten the knee and point the toes. Make sure your leg is behind your body and not drawing outwards.

Draw your legs in towards each other to help keep your hips square. Gently lower yourself down and use some support under your right buttock if needed, to keep your hips level. On an inhale lift your upper body, come on your fingertips, hands shoulder width apart, draw your navel in, tailbone down and open your chest.

On an exhale walk your hands forward on the fingertips and lower your upper body to the floor. You can rest your forehead on the ground. Stay here for a couple of breaths and on an exhale try to release the tension in your right hip. Balance your weight on both legs. Change sides

### **Benefits**

- ✓ Opens the hip joint
- ✓ Is a significant stretch for opening the buttocks, gluteus, which is very helpful for sciatic problems
- ✓ Opens hip flexors
- ✓ Helps relieve low back pain and stiffness

### **Limitations**

- ✓ Those with recent hip or knee surgery
- ✓ Those with severe sciatic aggravation
- ✓ Those with severe hip, knee or low back pain