

Half Pigeon

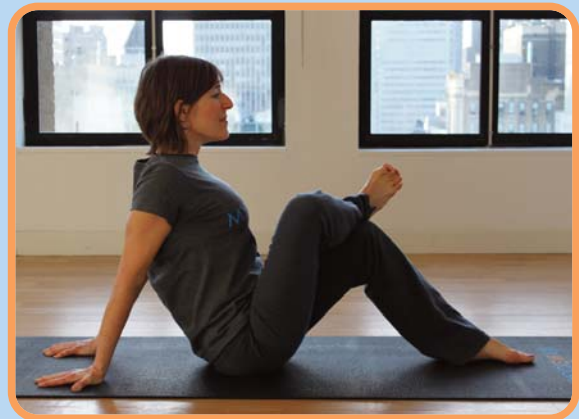
- Begin on the floor with knees directly under hips and wrists directly under shoulders
- Bring one knee forward between your hands
- Gently extend the other leg completely behind you
- Press the top of your back foot into floor
- Lower the front hip toward the ground
- Extend through the trunk
- Slowly lower torso forward to your comfort level over the front bent knee

MODIFIED I

- From a seated position, set feet flat on floor with knees bent
- Bring one foot up to opposite thigh
- Set hands on floor behind hips and walk them in, moving torso toward legs until you feel a deep stretch in your hip

MODIFIED II

- Increase angle of front leg and keep hands further behind you



MODIFIED I



MODIFIED II