

# genallocx

your nutritional x-factor

The Pigeon pose is the King of hip openers and is a variation of Eka Pada Rajakapotasana. This pose helps lengthen the hip flexors and increases the external range of motion of the femur in the hip socket. Be careful if you suffer from knee problems or sacroiliac issues.

Come onto all fours with your hands shoulder distance apart. Slide your left knee forward, under your chest and position it just behind and left of your left wrist. At the same time angle your left shin under your torso and bring your left foot to the front of your right knee. Slowly slide your right leg back, straightening your knee and move your right hip so that it is parallel to your left hip. Your hips should be square towards the front of the mat. You can put a blanket under your left outer hip to help with the alignment. Hold the pose and then walk your arms in front of you and release your forehead towards the floor. Breathe steadily for a minute and then slowly come out of the pose and repeat on the other side. Enjoy this moment of stillness and inner reflection.

