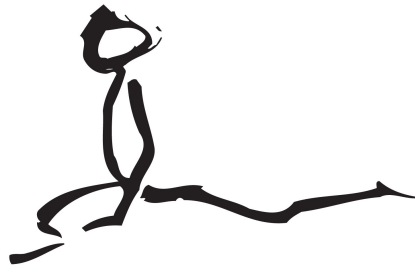


How to:



Sleeping Pigeon



**Eka Pada Rajakapotasana
One-Legged King Pigeon**

Adjustments and variations, prep and follow-up poses, advancements

Relevant Anatomy: Internal and external benefits / risks

Other Benefits to Class: spiritual, chakras, sequence development...

SHORT SCRIPT:

Sleeping Pigeon

- From tabletop position (or plank), pull your right knee forward to the right wrist.
- Slide your left leg straight back, settling your hips above the right thigh and ankle.
- Gently, bring your elbows to the floor; keep a long spine until you can roll your body down over the front leg, then place your forehead on the floor.

Pigeon / Eka Pada Rajakapotasana

- To release from Sleeping Pigeon, bring your hands under your shoulders and pull your legs magnetically together as you lift your torso and lengthen your spine.
- Keep the legs strongly squeezing for support and when you are settled and grounded, begin to lift your heart, creating a gentle back bend, if it feels good.
- curve in the back, lift your chin and look up.

MY EXTENDED SCRIPT (what I like to talk about in this pose)



Kapotasana
King Pigeon