

Pose of the Week 5-31-08

Pigeon



Kapotasana

(*kuh-poht-AAH-suh-nuh*)

Kapota - is a pigeon or a dove. This pose is named for the way the chest puffs out like a pigeon.

Pigeon pose is a hip opener. We hold tension in our hips and because we spend much time in chairs, we tend to have tightness in our hips. Pigeon pose releases the tensions and tightness. It is said that the tensions we store in our hips tends to be emotional tension. It is possible to feel these emotions as you release them from the body. If that happens, breathe through the emotion, with acceptance and gratitude for letting go. Tight and stressed hips can contribute to some low back pain and limit movement in forward bends.

- Lengthens hip flexors and external rotators
- Releases tension in hip area
- Stabilizes hips

Primary Muscles – Quads, glutes, piriformis, sciatic nerve, psoas

Variations – Heart lifted or bowing down. Can bind or add twist. King Pigeon has the back leg bent and hand grasping foot from over head. A reclining version is a good alternative if this version of pigeon is not comfortable.

Tips –

- Level the hips – not dropping one side toward the floor
- Come to the pose slowly, feeling your way there
- Point tailbone toward the floor
- Relax, receive and breathe

/ am letting go.



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