

LEARN YOUR POSE

Rajkapotasana- Pigeon Pose

(Also known as advanced piriformis stretch).



RAJKAPOTASANA

The [pigeon pose](#) elongates the back, opens the hips, groin, hamstrings, and relieves pressure on the lower back and sciatic nerve. Open hips are crucial for the proper functioning of our body. Which further help to improve posture, alignment, and overall flexibility.

In order to release the negative feelings from the system, we need “hips opener poses” like the pigeon pose. Since stress, tension and anxiety are often stored in this area of the body.

HOW TO DO

- For [Pigeon Pose](#), start from all fours (on hands and knees).
- Bring your right knee forward and place it more or less behind your right wrist.
- Now slide your left leg back, straighten the knee and point the toes.
- Draw your legs in towards each other to help keep your hips square.
- Switch legs and maintain breathing.