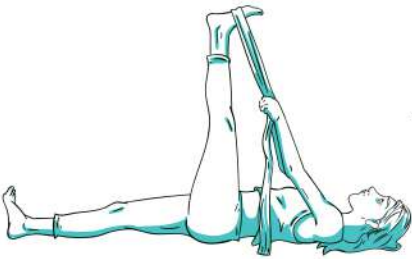


YOGA ROUTINE for PIGEON POSE

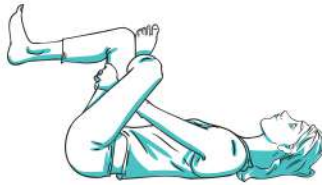
yogarove.com

Hold each pose for 5 slow breaths. Use props as needed.

1 Reclined Big Toe
(both sides)



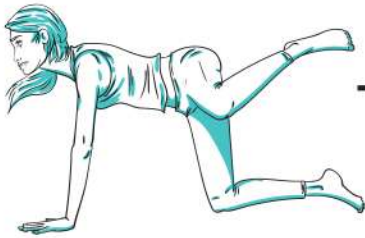
2 Reclined Pigeon
(both sides)



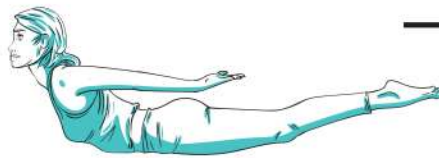
3 Leg Cradle
(both sides)



4 Fire Hydrant Kick
(both sides)



5 Locust



6 Downward Dog



7 High Lunge



repeat on
other side

8 Chair



9 Downward Dog



repeat on
other side

10 Pigeon

