



HEALING MASTERS

body mind soul enrichment

Please stretch at least 3 times a week. Stretch 3 sets holding each for 1 minute. Each time going into the stretch, stretch deeper into the pose. When you come out of the pose shake the leg or body out then move back into the next minute stretching a little deeper.

Frog Yoga Pose

Benefits:

- Deep groin opener (especially the adductors)
- Provides a slight back bend, which compresses the lower back
- Aids digestion and relieves cramps (both menstrual cramps and those from eating.)

Contra-indications:

- If you have a bad back
- Knees can be uncomfortable, so use padding under the knees
- If the neck is stiff, rest the forehead, not the chin, on the floor or on a bolster
- If prone to tingling in the hands when you extend the arms overhead, you may need to move the hands wider apart or closer together. If that doesn't help, do one arm at a time.



1. Begin in the Table Pose.

2. Keep your ankles directly behind your knees and turn your feet outwards to the sides.

3. Lower yourself onto your elbows and forearms. Press your palms together or keep them flat on the floor.

4. Exhale as you press your hips backwards. You should feel a deep stretch in your hips and inner thighs. Breathe in. Hold for 3 to 6 breaths.

5. Release the breath. This is done by rocking your hips forward. Then, bring your palms under your shoulders with your arms bent and push yourself back up into the **Table Pose**. Alternatively, you can push your arms forward and lower your entire body so that it is flat on the floor.

Pigeon Yoga Pose

Benefits

- Opens your hip flexor muscles (psoas, rectus femoris) and your groin muscles.
- Opens your hip rotator muscles (gluteus medius & minimus).
- May relieve sciatic nerve tension and ease chronic low back pain.
- Advanced version opens your chest and shoulders
- Traditionally thought to control sexual desire, increase circulation to urinary, digestive, and reproductive systems.

Cautions

- Knee injury, meniscus or ligament injury.
 - Sacroiliac joint injury - due to the opposing action of the legs in this pose which may increase strain across the joint.
 - History of shoulder dislocation - do not progress to holding the top of the foot behind the back (Advanced b below) and use caution reaching behind you for the foot.
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Step into the Pose

Instructions for Pigeon Yoga Pose

1. Begin on all fours
2. Pull right leg up, close to the back of the right hand.
3. Angle your foot to the left
4. Slowly extend your left leg back, and sink your pelvis downward
5. Straighten the back as you rise above the extended left leg
6. Support yourself with straight arms alongside the body, and sink even further down into the pose

Beginner

Tight hips and thighs restrict movement in this pose. Use a [bolster](#) or rolled blanket under the reclining leg at the front of the pelvis as you increase flexibility.

Support yourself with your hands until you achieve balance.

Supported or First Stage Pigeon Yoga Pose

Intermediate

As you melt into the floor, bring your arms overhead, palms together, shoulders down. If comfortable, tilt your head back, but only for a short period of time, because even though the tilt elongates the chest and neck, it decreases blood flow to the head.