



PIGEON POSE

*I patiently wait
till you get up to play,
then feast on the crumbs
you left for me - Yay!*

PURPOSE

- Stretches buttocks
- Beneficial for posture
- Makes it easier to sit cross legged



INSTRUCTIONS

1. Sit up tall on your chair
2. Lift your left ankle onto your right knee
3. Push your left knee down gently and lean forwards with a straight back
4. Hold for 10 deep breaths, relaxing further down with each breath, then switch sides.



WATCH FOR

- Back straight
- Pelvis (hip bones) and shoulders facing straight forwards



MORE CHALLENGING

Try Pigeon Pose on the floor:

1. Step your right foot back and lunge down to kneel on your right knee
2. Slide your left foot to the right, and place your hands on the floor in front of you
3. Slide your right leg back as far as you can
4. Lower your left knee and hips towards the floor
5. Take deep breaths and relax further down with each breath
6. Hold for 10 deep breaths, then swap sides



MAKE IT MULTI-SENSORY

- Hold the Pigeon Pose imagining you are a pigeon in a small, cosy egg. What might you hear around you? When you're ready, slowly come out of the Pigeon Pose position and crack out of your egg.



FUN FACTS

- Pigeons are considered to be one of the most intelligent birds, and have an amazing ability to find their way home.
- Pigeons have been used as messengers for 2500 years. Pigeons have been used to deliver important mail, news and sporting results. The 'pigeon post' was still used in India until 2004.
- Brave pigeons have even been awarded war medals for delivering crucial messages from the battlefield!



FUN AND GAMES

Draw a picnic feast for this pigeon to enjoy!

