

Easton Yoga School 200hr Yoga Teacher Training

Asana Homework Outline with Example

Pigeon Pose / Eka Pada Rajakapotasana (Sanskrit name)

1. Give a brief instruction into the pose.

2.

Pigeon is a sitting pose that stretches the inner thighs and opens the hips. Bend your left knee and place your left foot near your right groin. Extend your right leg straight back. Try to straighten the bend leg and square the hips to the front. Drape your arms to the floor, or in the advanced version, grab the foot in the back with the same arm and bring that foot to your head.

3. Give 5 points of information while using dual action.

a. Identify the foundation.

The foundation is your pelvic floor and legs.

b. Detail how to align the pelvis and lengthen the spine.

The pelvis is neutral, the spine straight.

c. Detail alignment for shoulders, arms and neck.

The shoulders are comfortably down, arms are extended out or reaching back for the foot, neck is comfortably extended and straight.

d. Organs of Perception.

This pose is felt in the hips and upper thighs. Many with tight hips find this a very challenging pose.

e. Heart Language to inspire devotion to the pose.

Relax into the discomfort, finding satisfaction in mind over matter.

4. Benefits of the Pose.

Opens the hip flexors, thighs, heart and shoulders. Stimulates digestive and reproductive systems. Alleviates menstrual and menopausal discomfort. Encourages healthy thyroid, parathyroid and adrenal function.

5. Risk factors of the pose.

Do not attempt this pose if you have a knee, hip, back or shoulder injury.