

The Pigeon Pose

And we're going to come onto all fours in the Table pose. The starting position is balanced—verify that the hands are directly under the shoulders and the knees directly under the hips. The back is relatively neutral, neither too arched nor too rounded. Fingers are well spread, middle fingers pointing straight ahead. Feel the pressure of the hands on the floor, the sensation in the wrists, elbows, shoulders, knees, and hips.

Good. We're going to arch the lower back—arch, arch, arch—explore this curve. Go as far as you can into the arch and feel the opening of the pelvic region. Feel the sit-bones widening as well. Move the pelvis back slightly.

Bend the elbows toward each other; the shoulders will widen and move back. Let it happen. The chest rises. Chest rises, shoulders move back. Now, make a rotational movement with the pelvis. Circles in one direction.

Keep the pelvis well back so as not to put too much weight on the hands. Make circles and discover perhaps new things being stimulated—maybe some ligaments that weren't stimulated before. Also, notice what's happening in the lumbar region, in the lower back. Inhale well, exhale well. Change direction.

Yes.

Now, tuck the toes into the ground. Project the toes into the floor. Keep the pelvis toward the back—it can even go a little further back. Move the right hand closer to the right knee by about half a hand's width. The same for the left hand to the left knee. Still with the back arched, sit-bones wide, shoulders wide and back, chest rising.

Lift the knees to come into Downward-Facing Dog. Initially, keep the knees slightly bent and bring the pelvis very high and back. Once the pelvis is there, leave it there.

And perhaps the heels will seek the floor. They may touch or not, depending on your morphology and flexibility today. Perhaps straighten the knees, but keep the pelvis well back and the front of the body long—chest rising, armpits deep. Breathe well. You are "alive" in the posture. Don't block the breath.

Bring more presence to the left leg, left foot, and left hand. The right leg lifts in the continuation of the back. The right heel comes toward the left buttock in an opening, then bring the right heel in front of the pubis.

Extend the back leg. In the Pigeon pose, the right knee moves toward the right. Adjust as possible for you today. Bring the hands near the body. The chest rises. Careful with the shoulders: let them flow into the elbows, elbows into the hands. Let the left buttock be "tranquil." The coming and going of the breath.

Let the hands slide forward and place the elbows directly under the shoulders, forearms parallel. Release the chest and head. Surrender. But... always keep the elbows well under the shoulders.

We're going to lift the chest. Lift the head, gaze straight ahead. Try to lift the chest as much as possible while relaxing the shoulders. Inhale well, exhale well. The left buttock remains tranquil. Then slowly bring the hands near you to rise.

Return to all fours. Open the knees slightly, big toes touching. Sit back on the heels in Child's pose. You can stack your hands and place your forehead on them.

Yes, I'm following you.

Let the body settle into the ground. Feel the body—the whole body, the floor, the environment. No separation. As you inhale, fill the space behind the back. As you exhale, fill the space in front of the torso.

Return to all fours. Check that hands are under shoulders, knees under hips, back neutral. Initially, feel—really feel. This is an exploration, not a search for achievement or performance. We're just here to explore and feel.

Feel your wrists, elbows, shoulders, knees, hips. The density, substance, pressure. Sense what's happening. And we'll do the same on the other side, but don't anticipate anything. If this is too demanding for you today, you can either do Cat-Cow or sit comfortably and imagine you're doing the posture—it has the same result for the brain and the body.

Arch the back—arch, arch. The belly and perineum relax. The sit-bones widen. Slightly bend the elbows toward each other. Shoulders widen and move back. Long front of the body, chest rising. Tuck the toes and lift the pelvis. Lift the knees, lift the pelvis.

Far back and high, as if the pelvis wanted to touch the wall behind you. Leave the pelvis there and move the heels toward the floor. Perhaps straighten the legs. The

front thigh is pushing the back of the thigh. Long front face of the body. Chest rising. You're not "dead" here; breathe. Deep armpits.

More presence on the right hand and right foot. The left leg rises this time, aligned with the back. Inhale well, exhale well.

Left heel toward the right buttock. Then bring the heel in front of the pubis.

The knee moves out to the left, extend the back leg. Hands move closer, chest rises. No tension in the shoulders. Gaze straight ahead. Let the right buttock be tranquil. Inhale and exhale well in the Pigeon pose.

Slide the hands forward until, if possible, you can place the elbows directly under the shoulders. Relax the head, relax the chest. Let yourself be moved by the relaxation, by the tensions—everything is fine.

The chest lifts, the head lifts, gaze straight ahead. Lift the chest a bit more. Careful with the shoulders—don't tense them. They remain relaxed, flowing into the elbows. Inhale well, exhale well.

The breath comes and goes. Perhaps "Ujjayi" invites itself—slowing the exhale by filtering the air at the throat with that characteristic sound. Keep the density of the sound identical throughout the exhale, and perhaps the inhale too.

Bring the hands near the body. The torso rises. Return to all fours. Open the knees, big toes touching. Child's pose. Let the sensations be. You can "cross through" the floor. Feel the entire body. Inhale, fill the space behind the back. Exhale, fill the space in front of the belly.

Thank you.