

## Relaxation

### Pigeon Pose (Ekapada Rajakapotasana)

#### How to:

- From kneeling position, draw your right knee forward between your hands.
- Turn the knee out 30 degrees (or more if you are very flexible).
- Draw the ankle under the left hip bone.
- Extend the left leg back, keeping the hips square and level.
- Rest on your elbows, fists or hands (see following page), or extend the arms out front of you.
- Breathe as you hold the posture
- To come up, place the hands by the shoulders and press the floor away.
- Switch sides

#### Benefits:

- Improves flexibility in the hips, thighs, legs, knees and ankles.
- Strengthens the back.
- Improves elimination.



### Salutation Seal (Anjali Mudra)

#### How to:

- Sit comfortably in Siddhasana (as shown) or stand in Tadasana. Inhale and bring your palms together. Rest the thumbs lightly on your sternum.
- Press the hands firmly but evenly against each other. Make sure that one hand (usually your right hand if you are right-handed, your left if left-handed) doesn't dominate the other. If you find such imbalance, release the dominant hand slightly but don't increase the pressure of the non-dominant hand.
- Bow your head slightly, drawing the crease of the neck toward the center of your head. Lift your sternum into your thumbs and lengthen down along the back of the armpits, making the back elbows heavy.

#### Benefits:

- Reduces stress and anxiety
- Calms the brain
- Creates flexibility in the hands, fingers, wrists, and arms
- Opens the heart

