

Pigeon



Golf Benefit

Elongates spine, which prevents "C" and "S" postures thus allowing golfers to maintain proper posture. Increases distance in golf shots by increasing hip mobility.

How

Beginning on all fours, bring the right knee to the right wrist. With the assistance of the left hand, bring the right lower portion of the leg up toward the front of the mat. Slide the left leg back, moving it away from the front of the mat with the top of the foot and shin touching the ground.

Flow

Hold for 30 seconds to 3 minutes.

Modifications

Place padding under the knees as needed.