

	Pigeon – Eka Pada Raja Kapotasana
Theme:	The magnetic pull of the Heart - Spirit pulls us towards it at all times - Backbends open the heart.
Personal:	Draw upon an experience or insight that helped you grow from the inside-out.
Heart Qualities:	Centered, introspective, grounded in Self
UPA(s) focus:	Muscle Energy with Shoulder and Kidney Loops
Action:	Shoulders back, shoulder blades down to meet the rise of the lifting kidneys
Peak Pose:	Pigeon – Eka Pada Raja Kapotasana (Option: using a strap to connect to the back foot)
Sequence:	Cat-Cow Prayer Pose Sphinx Pose Locust Pose variations (<i>Salabasana</i>) Gate Pose with backbend Kneeling side-angle plank (<i>Vasisthasana variation</i>) Crescent Moon Pose (<i>Anjaneyasana</i>) Camel Pose (<i>Ustrasana</i>) Kneeling Bow Pose One-leg Bow (<i>Ardha Dhanurasana</i>) Bow Pose(<i>Dhanurasana</i>) 3-Legged Dog with a bend and opened lifted leg
Demo:	Pigeon Pose Pigeon Pose with a strap in a loop and partner assist Happy Baby Pose Bridge Pose (<i>Setu Bandha Sarvangasana</i>)
Closure:	Seated Twists Savasana