

# Glutes

## *Seated Chair Pigeon*



- Sit in a chair. Bring your Left ankle to rest on your right thigh, keeping the knee in line with your ankle as much as possible. Using your hands, place pressure on the knee and stabilize the foot at the same time to feel a stretch. Hold this chair pigeon for three to five breaths.
- Repeat with the left leg.

*You may forward bend to intensify the stretch if you like (as pictured).*

