



# SEATED PIGEON

CALMING & REFOCUSING STRATEGIES

## HOW-TO DIRECTIONS

### Procedure

- Sit in a chair with feet flat on the floor, legs hip distance apart, back straight
- Place one ankle on top of your other knee
- Take a deep breath as you gently press your raised knee for a slight stretch of your leg muscle, do not press to discomfort
- Slowly release your breath as you release the stretch
- Switch legs and take a deep breath as you repeat the stretch on the other side
- Slowly release your breath as you release the stretch
- Continue 3 times for each leg

### Modifications

- Flex your foot and hold it against the side of your shin instead of knee
- Use a book to raise and support your foot instead of knee



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Chief Movement Officer

  
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