

LEARN YOUR POSE

Warrior Pose- Veerbhadrāsana



How to Do

- Start on the top of your mat in Mountain pose, or Tadasana.
- On an exhale, step your left foot back about 3 to 4 feet, depending upon the length of your legs and the flexibility in your hips.
- Place your left foot parallel to the edge of your mat and line up the heel of your right foot with the heel of your left foot.
- Press down firmly through the pinky toe edge of your back foot to avoid crumpling into the arch.
- On an inhale, extend your arms out, parallel to the floor and alongside your body, with your palms facing down.
- Keep your gaze just over the middle finger of your right hand and relax your shoulders down.
- Bend deeply into your right knee, stacking it directly over your right ankle so that your right shin stands perpendicular to the floor.
- Ensure the knee above the ankle.
- Keep your core gently engaged by tucking your ribs in.
- Continue pressing through the pinky toe edge of your back foot, particularly through the outer edge of the heel.
- Remain in the pose anywhere from 5 to 10 breaths
- Repeat on the other side whenever you feel ready.