

Learn Your Pose

WARRIOR III YOGA POSE AKA VIRBHADRASANA



HOW TO DO

- There are many options to flow into warrior III pose smoothly. The Ideal one is from mountain pose to chair pose and finally warrior III. Or you can start from the warrior I and then get into warrior II and finally warrior III. What ever path you opt for, first get warm up nicely because warrior III requires fairly open hips flexure, core strength and stability.
- Start with warrior I with your front knee bent, your back leg straight and your back heel lifted. Your hips and chest should be squared to front of the mat. Raise your arms above your head.

- Now bring your hands to your heart, with palms pressed against each other in a prayer position.
- Squeeze your pelvic floor and lower abdomen, navel to the spine thus engaging Mula and Uddiyana Bandhas for stability and lightness.
- Lean forward until your back leg extends straight back, even with your hips. Keep your foot flexed and your gaze downward.
- Make sure your standing leg is strong and straight, but not locked at knee. Reach your arms forward so your body forms a “T” shape.

BENEFITS

- Provides stability in the whole body
- Strengthens the small stabilizing muscles in the feet and ankles,
- Strengthens the legs, back and abdominal muscles
- Improves balance and so can help prevent injuries from falls
- Teaches the activation of the bandhas for stability and lightness
- Improves body awareness as you learn to adjust your own position in space
