

POSE 3 Standing Asanas

Virabhadrasana II
Warrior Pose II

The POSE



Virabhadrasana II builds balance, reduces stiffness in your neck and shoulders, isolates the use of the hamstrings, and lengthens the inner groin.

The Warrior Pose II expands breathing capacity, helps in the treatment of prolapsed or slipped discs, and relieves lower backache.



1



2



3

Props

- Sticky mat and two blocks.

Please refer to my website for information about all yoga props from Hugger Mugger™
joann.yoga/yoga/yoga-props/

Foundation - note the photos show the pose on the left

1. Start on the right side. Establish the foundation of Pose 1 – Utthita Trikonasana (Step your feet a legs-length apart. Bear equal weight on both feet. Turn your right foot outward 90 degrees and left foot 60 degrees. The right heel aligns with the left inner arch), just like in [photo 1](#).
2. Extend the arms horizontally (90 degrees), just like in [photo 1](#).

Getting into the pose

3. From the foundation pose ([photo 1](#)) bend the right leg to a right angle, and stretch the back leg muscles fully, just like in [photo 2](#). Bearing equal weight on both feet lengthen the inner groin.
4. The head turns and the eyes gaze at the middle finger.
5. In the POSE ([main photo](#)), establish a smooth rhythm of breath, and hold for seven breath cycles.

Release

6. When releasing, exhale, and in using the right hamstring lift the right sit-bone by extending the right leg.
7. Return to the foundation of Pose 1 – Utthita Trikonasana.

Repeat the pose on the other side.

Duration: Repeat one pose on each side. Keep the pose for **seven breath cycles**.

Extra focus:

- The bent knee is directly over the ankle.
- Maintain the placement and balance of the bent leg. Big toe metatarsal stay planted.
- Shoulders need to be aligned with the hips.

Avoid:

- Bringing your torso forward.