

## POSE 4 Standing Asanas

Virabhadrasana I  
Warrior Pose I

## The POSE



Virabhadrasana I builds balance, stretches the arms, isolates the use of the hamstrings, and lengthens the inner groin.

The Warrior Pose II expands breathing capacity, strengthens the back muscles, improves digestion, strengthens the bladder, and relieves menstrual pain.

1



2



## Props

- Sticky mat

Please refer to my website for information about all yoga props from Hugger Mugger™  
[joann.yoga/yoga/yoga-props/](http://joann.yoga/yoga/yoga-props/)

## Foundation

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).

## Getting into the pose

2. The right hamstring moves the right sit-bone toward the back side of the sticky mat. This aligns the iliac bone. The left leg and the hamstring stabilize the hips, just like in [photo 1](#).
3. Bend the right leg to a right angle, and stretch the back leg muscles fully. This action of the legs allows the torso to be fluid and aligned.

4. Extend both arms in front and parallel to each other. The strength of the arms allows the head to drop from the cervical vertebrae, just like in [photo 2](#).
5. In the POSE ([main photo](#)), establish a smooth rhythm of breath, and hold for five to seven breath cycles.

**Release**

6. When releasing, exhale, and by using the right hamstring lift the right sit-bone. Extend the right leg and lower both arms simultaneously. Lift the right foot turn it to 60 degrees, lift the left foot and turn it to 90 degrees.

Repeat the pose on the other side.

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

**Extra focus:**

- Stabilize the hips with the use of the legs. The hips and shoulders stay aligned.
- The bent knee is directly over the ankle.
- Maintain the placement and balance of the bent leg. Big toe metatarsal stay planted.
- Stretch the fingertips.
- Drop the shoulders while extending the forearms.

**Avoid:**

- Bringing your torso forward.