

POSE 5 Standing Asanas

Virabhadrasana III
Warrior Pose III

The POSE



Virabhadrasana III builds balance, isolates the use of the hamstrings, lengthens the inner groin, and extends the spine. Strengthens the shoulders and muscles in the back, and tones the abdomens.

The Warrior Pose III helps to tone abdominal organs, improves digestion, and improves concentration.



Props

- Sticky mat

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 4 – Virabhadrasana I.

Getting into the pose

2. Lower the torso to the top of the thigh. Keep hands parallel and in front, just like in [photo 1](#).
3. Keep the eyes steady as this will help you keep your balance. The hamstring lifts up the sit-bones.
4. Keep both legs engaged and extend the right leg, keeping the left leg straight as you lift it up, 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, bend the right knee and take the left leg back. With the right leg at a right angle lift the right sit-bone and extend the left leg.
7. Move into the foundation of Pose 4 – Virabhadrasana I and lift the arms up, just like in [photo 3](#). Exhale and lower the arms.

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:

- Stay balanced. Stabilize the hips with the use of the legs.
- The hips and shoulders remain aligned throughout the pose.

Avoid:

- To keep still avoid wandering eyes.