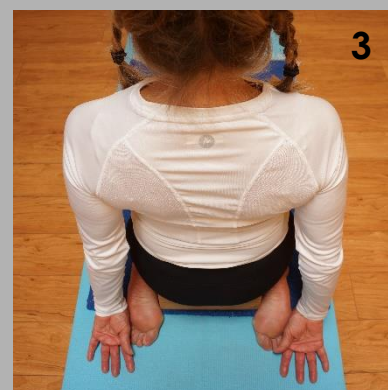


## POSE 9 Seated Asanas

Virasana  
Hero Pose

Virasana relieves backache and reduces the pain of the tailbone, eases stiffness in the shoulders, neck, hip joints, knees and groin.

The Hero Pose improves posture, blood circulation and digestion. Corrects herniated discs, improves circulation in the feet, strengthens arches and relieves gout.



## Props

- Sticky mat, one yoga blanket, and one block.

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. Kneel on the floor with your knees together. Spread your feet hip-width apart, outer edges of the feet are parallel to the edge of the sticky mat. Place a block between feet and your soles should face the ceiling.

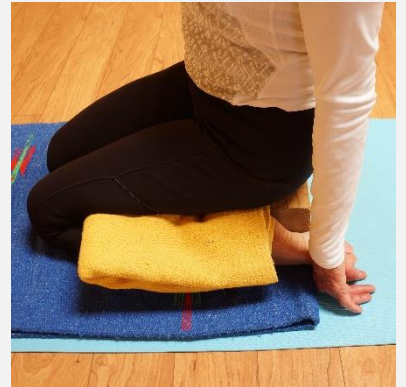
## Getting into the pose

2. Lower your buttocks toward the block. Make sure that the inner side of each calf touches the outer side of each thigh, just like in [photo 1 and 2](#).
3. Keep your shoulders back, and keep your atlas and sacrum aligned. Entrust your skull and shoulders to be in line with the hips.
4. Place your hands on the floor with the palms facing the ceiling, just like in [photo 3](#).
5. In the POSE ([main photo](#)), establish a smooth rhythm of breath, and hold for ten breath cycles.

**Alternative Pose**

– helps with stiff hips, knees or ankle joints.

- Place a folded blanket behind the knees and between your calves and thighs.



**Duration:** Keep the pose for **ten breath cycles**.

**Extra focus:**

- If you experience leg cramps in this asana, stretch your legs just like in Pose 15 - *Dandasana Staff Pose*.
- Continue releasing the shoulder blades as the top of the hands descend to the floor.
- Relax your facial muscles, including cheek muscles, muscles surrounding the lips, and muscles between the eyebrows. Release the jaw bone.

**Avoid:**

- Moving around, or leaning forward.