

WARRIOR 2 (VIRABHADRASANA 2)

Virabhadra = Warrior, Asana = Posture



Entry Mountain Pose (Tadasana)

- Inhale fully, exhale, open the feet wide, turn right foot out to the side 90 degrees.
- Left foot in 30 degrees.
- Bring arms out to the side, parallel to the floor, palms facing down.
- Inhale, look over the right shoulder, exhale, bend right knee until the knee is above the ankle and the thigh is parallel to floor.
- Actively press left foot down.
- Hold and breathe, gaze over right hand.

Transition

- Inhale, straighten right leg, turn right foot in, bring feet together.
- Switch side.

Technique

- To keep the shoulder engaged, turn the palms and biceps up, without moving the biceps, turn the palms down.
- Isometrically squeeze the buttocks towards each other to open the hips.
- Engage the sit bone of the back leg and stretch it diagonally towards the ankle of the bent knee to allow the hips lower to the floor.
- Keep the back leg active and press the back foot on the floor, keep back leg as involved as the front leg.

Caution

- If the front knee is collapsing in, turn the knee to the pinky toe side of the front foot, or bring the opposite hip down and forward.
- Keep shin vertical and thigh parallel to the floor.