



## Virabhadrasana 1

Warrior posture #1)

This posture is named for a mythological Indian warrior. This is a very vigorous and strenuous pose, so don't hurt yourself! Take it easy. Avoid straining in the posture. Remember to inhale fully as you move into the posture and exhale fully as you hold the posture.

### Benefits:

Opens and expands the chest.

Removes tightness and stiffness from the shoulders

Strengthens the knees and ankles

Tones the buttocks

### Contra-indications/Cautions:

Do not attempt this posture if you have a weak heart or high blood pressure.

1. Stand in *tadasana* (mountain pose). Jump or step the feet wide apart, 4-5 feet.
  - 1a. Extend your arms out to the sides with the palms of the hands facing the ceiling. Reach out, from the center of the spine through the tips of the fingers. Firm your triceps. Rotate the thumb side of your hand back toward the floor and roll the pinkie side of the hands toward the

ceiling. Notice how this action opens the front of the chest. Concentrate on lifting the breastbone out of the chest. You are a warrior and your chest is your shield!

2. Raise your arms up over your head, with your palms facing each other, and reach for the ceiling. Reach, reach, reach for the ceiling.
3. Press the outer side and heel of the left foot into the ground and turn the front part of the foot in 45 degrees. Turn your torso to the right at the same time turn your right foot out 90 degrees. Your pelvis should be square with the torso, so work hard to bring the left hip around.
4. Roll your thighs in and firm your thigh (quadriceps muscles) Push the outer edge of your back foot hard into the floor.
5. On an exhalation bend the front knee until there is a right angle behind the knee. Keep the torso erect. Don't let it come forward as you bend the knee. The right thigh should be parallel to the floor with the knee directly over the ankle. If your knee is forward of your ankle you need to take your feet further apart.
6. Reach up and back. Look up and back. It's a backbend! Breathe fully and evenly.
7. Keeping the legs strong, hold the posture for 15 seconds. Picture yourself as a warrior, reaching toward the sky!
8. On an exhalation, gracefully return to the upright position and turn to face forward, legs still wide apart.
9. Put your hands on your hips. Then begin at 1a and repeat the posture to the other side. Hold the posture for five complete breathes then inhale and gracefully return to your upright position.

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