



## **POSE OF THE MONTH**

**January 2006**

### **Virabhadrasana I & II (veera-bha-dra-sana) Warrior I & II**

Vira = Hero Virabhadra was a powerful mythical warrior created from a lock of Shiva's hair. Shiva is the god of destruction in the Hindu Trinity, he is the masculine form of the divine, his "destructive" power symbolize breaking down the ego.

Warrior poses work on the joints of the body, it specifically helps to alleviate pain associated with rheumatic conditions. It works on reducing pain in the knees and is a prescribed pose for people whose jobs require standing in one place or sitting all day long. It conditions and tones the lower abdomen and spinal column, and purifies the organs of generation.

The neck position counterbalances everyday life of looking at smart phones and computers, activates the 5<sup>th</sup> chakra, and the neck itself directly benefits because the neck muscles are strengthened — and the yoga text books says this position benefits the ears as hearing can be improved by practicing this pose.

#### **Warrior I Alignment**

ॐ From Downward facing dog, step your right foot forward between your hands (or as far forward as you can) lining up your right heel with your left heel. Swivel your left heel inward as you ground the outer edge of your left foot.

ॐ Bend right knee to about 90° of flexion, knee over the mid-foot (most people need to keep their knee behind their toes to protect the knee joint, however some individuals with long femurs and strong knees may need to flex their knee past the foot to deepen the pose). Do not let front leg collapse inward, keeping your knee in line with your hip.

ॐ Swivel your left hip forward to help square the hips to the direction you are now facing, level your pelvis and close in the ribs to keep compression out of your lower back and the spine and pelvis in a neutral alignment.

ॐ Sweep your arms overhead, biceps just in front of cheeks, scapula depressed. Tilt your head back keeping the neck long (skin on back of neck should remain smooth). Drishti is upward, toward your thumbs.

ॐ Feel the dual effort of grounding your lower body while you extend upward with your spine and arms.

ॐ Hold for 5 breaths, inhaling straighten right knee turning all the way to the left, keeping gaze upward if possible, exhale bend left knee and descend into the pose on the left side.





## Warrior II Alignment

Bobbi Misiti, FMCHC  
Aromatherapy, Health Coaching & Yoga  
717.443.1119 [www.befitbodymind.org](http://www.befitbodymind.org)

ॐ From warrior I, keeping Left knee bent and aligned directly over left foot, spiral right hip open, squaring hips to the long end of your mat, as you drop arms down to shoulder level



ॐ Keep left knee bent to 90°. Slightly rotate left thigh externally - as right thigh internally rotates

ॐ Pay attention to keep the pelvis level in this pose—from right to left and front to back (right hip tends to lift in this pose).

ॐ Shoulders should be square to the long edge of your mat, scapula depressed and slightly retracted. Drishti = left fingertips

ॐ Hold for 5 breaths.

ॐ Inhale straighten left knee turn feet and gaze to the right and exhale as you bend your right knee repeating on the right side.

After your five breaths, place your hands on the floor on either side of your right foot in push up position, step back to chaturanga or the push up position, lower down exhaling, inhale to upward dog, exhale to downward dog and walk through and sit down :)

