

How to:



Virabhadrasana I
Warrior I

Adjustments and variations, prep and follow-up poses, advancements

Relevant Anatomy: Internal and external benefits / risks

Other Benefits to Class: spiritual, chakras, sequence development...

SHORT SCRIPT:

- Step your right foot back 3 to 4 feet and plant the heel down at a 45 degree angle.
- Bend your front knee
- Turn toward it, squeeze your buttocks, lift your chest and arms and look up.
- Inhale and lift your arms up overhead, lengthen your spine and look up.

MY EXTENDED SCRIPT (what I like to talk about in this pose)