

How to:



Virabhadrasana II Warrior II

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 left leg until the thigh is parallel and press evenly into both feet.
- Turn your hips and torso to the right, spread your arms wide at shoulder height.
- Pull your shoulders away from the ears, extend out through the tips of the fingers, soften your eye gaze on the fingertips of your front hand.
- 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)