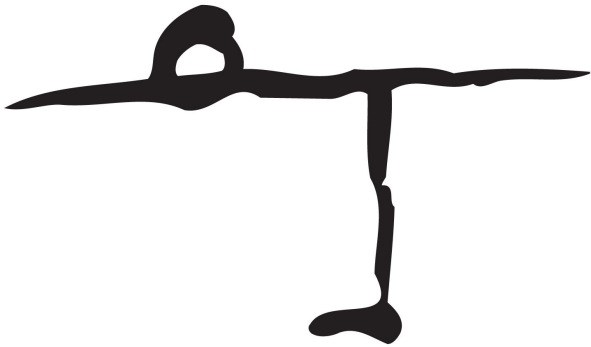


How to:



## Virabhadrasana III Warrior III

**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:**

- Soften your knees and press into the left big toe mound; lift your right foot off the floor. Pivot the hips and kick the foot straight out behind you; bring your arms wide apart.
- Strengthen. Work on straightening your standing leg without lifting the right hip.
- If it feels ok on your low back, reach your arms forward, alongside your ears.

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