

## KNEELING WARRIOR POSE

- Begin the posture on one knee with the other leg at a 90 degree angle in front.
- Create a straight line from your grounded knee to your shoulders. Work for a balanced feeling between the front foot and the grounded portion of the rear leg.
- Focus on levelling the hips from side to side.
- Once established, extend your arms above your head. Counteract the extension through the long hip by drawing your tail bone down. This will stabilise the pelvis.
- Now that the arms have become an extension of a line from the knee on the floor, focus on extending the finger tips to the sky as you draw the shoulder blades down.

### Benefits

- Improves posture and length of spine.
- Stabilisers thighs, knees and ankles.
- Calms the mind.

### Beginners Advice

- Constantly be aware of the lower back lengthening, the shoulders away from the ears, the front and back of neck long.
- Aim to hold the lines as near as possible and relax into the position on the exhale.

### Challenge

- Challenge the balance aspect of this posture by closing your eyes and learning to balance without visual feedback.
- Focus your attention on your breath- notice if your mind wanders to other thoughts, ideas or outside distractions and refocus back to your breath.
- Join the hands in Prayer Pose above head.
- Deepen the pose by moving the front leg further forward.

### Adjustments / What to look for

- Create space between the tops of shoulders and the ears.
- Arms are parallel above head and as close to in line with lengthened spine as possible.
- The front knee is in an open 90 degree angle.
- Maintain hips in a horizontal position.
- Check for even distribution of weight between front foot and supporting leg.
- Relax into the pose with the exhale.

