

## WARRIOR POSE

- Begin in Mountain Pose (1) and work through to Star Pose (6).
- Turn the right foot out 90 degrees and allow the hips and shoulders to follow while bringing back foot to 45 degrees.
- Hips and chest face the right leg - use your belly button as a guide it should face in the same direction as your right knee.
- Inhale as you raise your arms above your head - be smooth as you do this. Gently draw the abdominal wall inward, rotate the biceps outward as your arms go up, shoulder blades drawing down your back.
- Lift the chest away from the waist. Become as long, tall and thin as possible.
- As you exhale, bend your right knee to a right angle. Attempt to sit in the posture, surrendering to gravity.
- Press the whole sole of each foot firmly to the floor. Aim the leg line energy to the inner edge of the left and the outer edge of the right foot.

### Benefits

- Improves balance and flexibility.
- Stabilises thighs, knees and ankles.
- Calms the mind.
- Strengthens leg muscles.

### 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 breathe calmly to any tightness.

### Challenge

- Challenge the balance aspect of this posture by closing your eyes.
- 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 sinking through the hips whilst maintaining the posture.

### Adjustments / What to look for

- 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.
- Legs are strong, the back leg as straight as possible with foot on the ground at a 45 degree angle and the front knee as close to a 90 degree angle as possible.
- Maintain hips and shoulders in a horizontal plane.
- Check for even distribution of weight between both feet.
- Gather as you inhale and lengthen as you exhale.

