

Warrior II Pose

Virabhadrasana II



Benefits

Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

1

Stand with your feet wide apart. Turn your left foot out 90°.

2

Inhale, and lift your arms parallel to the floor.

3

Exhale and bend your right knee. Be careful not to extend your knee past your ankle.

4

Keep your torso tall, turn your head, and look out over your finger tips.

5

Inhale and straighten your legs and lower your arms. Repeat on the opposite side.