

Virabhadrasana II (Warrior Pose II)

In this pose, the trunk is kept facing forward while one leg bends. The chest develops and expands. This powerful pose challenges the practitioner to maintain awareness of the symmetry and evenness of the chest and torso while acting through the legs. The mind learns to focus, and the chest and legs become strong and flexible. A sense of determination and perseverance is gained by practicing this pose. Here we show how to use the wall.

1. Bring the outer edge of the left foot to the wall and step the right foot out about 4 feet. Place the right foot in line with the arch of the left foot.
2. Straighten both legs and turn your right leg out 90 degrees so that the right knee points over the right foot. Turn the left leg so that the left knee points straight forward.
3. Place your left hand on the wall, slightly below the level of the shoulder.
4. Exhaling, bend your right leg to a right angle. Do not over-bend the knee past the ankle. The shin bone should be perpendicular to the floor. Work to keep your right hip, knee and ankle in one plane. Keep your left leg straight.
5. Do not lean to the right. Instead, stretch your left arm to the wall to keep your torso erect.
6. Gaze with soft eyes over the right hand and keep your breath deep and even.



Reach to the wall to help open the chest and keep the torso erect.