

# POSE OF THE WEEK:

## WARRIOR I

### VIRAHADRASANA I

*your daily practice:*

Repeat for three times on each leg and hold for five breaths each time.



## HOW TO:

**1** Start at the back of your mat in Mountain Pose (Tadasana), left foot angled out towards the top corner of your mat and then step the right foot forward into a lunge position. Your right knee should be stacked over your ankle & only lunge as far as you can without letting the back foot lift off the mat. Your back leg stays strong as you push down through the outer edges of the back foot

**2** Hips should stay square facing the front of your mat (they will not be completely square, we just want to work towards that position). Arms reach overhead as your shoulders relax away from the ears. Repeat other side.



## BENEFITS:

- Stretches the chest, shoulders, and groin (posts)
- Strengthens the shoulder, arms and back muscles
- Stretches the ankles, calves and thighs

## READY TO BUILD MORE STRENGTH?

Try holding a block or light weight between your palms, inhale to lower your arms in front of your chest, exhale to reach arms back overhead. Repeat for 5 breaths.

## GIVE THIS A TRY:

**Want to work on your balance?**

Lift your gaze towards the sky and move into a light back bend. Hold for 5 breaths.