

Warrior I



Warrior 1 stretches the entire body. It gives the mind a sense of empowerment and joy. It is helpful to strengthen and stretch the muscles around the knees.

1. Begin in mountain pose at the back of the mat.
2. Step the right foot forward about 3 feet. Point the right foot straight towards the front of the mat. The left foot turns about 30 – 40 degrees towards the front of the mat.
3. Bend the right knee, keeping it pointed directly down the middle of the right foot. Press the outer edge of the left foot and the left heel into the mat firmly.
4. Square your hips with the front of the mat. Usually the right hip will need to draw back and the left hip forward to accomplish this.
5. Pull the tailbone down toward the mat as you draw the belly in and up.
6. Draw the shoulder blades down your back.
7. INHALE, lift the heart, and lift the arms overhead.
8. Gaze upward if the neck allows it.
9. Stay for 3- 5 breaths.
10. Repeat steps 1-9 for the left side.