

WARRIOR II



Warrior 2 stretches the entire body. It gives the mind a sense of empowerment and strength. 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. The front heel should be directly in line with the back instep.
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. Turn your torso toward the wide edge of the mat.
5. Pull the tailbone down toward the mat as you draw the belly in and up.
6. INHALE and lift the arms to “T” at shoulder height.
7. Draw the shoulder blades down your back.
8. Gaze out over the right hand.
9. Stay for 3- 5 breaths.
10. Repeat steps 1-9 for the left side.