#### ASANAS

# WARRIOR II VIRABHADRASANA II

### CUES

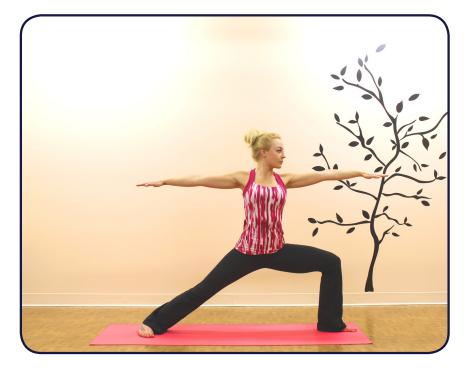
Begin in Warrior One. Open hips and arms to Warrior Two. Arms are level with the shoulders. Front thigh is parallel with the floor. Knee is above ankle.

## QUALITIES

Weight is even between front and back leg. Core strength holds this pose upright. Gaze is forward between fingertips. Shoulders are back and down. Neck is soft.

### MODIFICATION

Narrow the stance. Lessen the bend of the knee.



Increases stamina, stimulates internal organs, strengthens legs and stretches upper body. Power. Stillness. Pure connection from mind to body.



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