

# 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.

