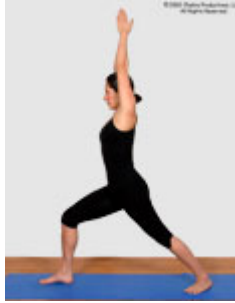


# Pose of the Week 3-1-08

## Warrior I



Virabhadrasana I

(veer-ah-bah-DRAHS-anna)

Virabhadra = the name of a fierce warrior, an incarnation of Shiva, described as having a thousand heads, a thousand eyes, and a thousand feet; wielding a thousand clubs; and wearing a tiger's skin.

Warrior I is the first of 3 Warrior poses named after the mythological warrior Viribhadra. All three warrior poses help us connect to our inner strength and courage, while they open our heart to temper that strength with compassion. Warrior I is a front facing pose, with shoulders and hips facing the front of the mat, which may bring you to a slight twist.

- Strengthens the legs, especially the thighs
- Stabilizes hips, knees and ankles
- Builds strength and endurance
- Builds focus, strength and power

**Primary Muscles** – Quads, Hamstrings, Glutes, Pectorals, Rectus Abdominus, Lats, Deltoids, Adductors

**Variations** – A variety of arm positions

**Tips** –

- Foundation first – plant both feet, heels in line with each other
- Shoulders, sternum, navel, hips face forward
- Shoulders relax back and down
- Back leg straight and firm
- Front knee bends straight ahead, knee over the ankle
- Heart lifts and opens
- Back leg hip tends to drop down and back – work toward pulling it up and forward, level with the other side
- Adjust the placement of the back foot to the place where you can most comfortably face forward

*Embody the strength of a warrior with the heart of a peacemaker.*



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