

Asana

Hero Pose

Vira Asana

More commonly known as Warrior Pose 2 (picture 1) and Warrior Pose 1 (picture 2 and 3).

Starting Position: erect with legs open. With your arms stretched outwards and aligned, your inner ankles should be in line with your elbows.

Rotate the heel of the right foot by 90 degrees to the right, and rotate the left foot by 45 degrees towards the left.

Align the body in a way so as to form a plane in line with the right foot; the hips open to the side and are, as far as possible, aligned. The arms are also placed in line with the body.

Maintain for a period of 5, 10 breaths and then rotate along the line of the hips bringing the trunk and the head to face in the direction of the right foot; the barycentre is lowered, the hands united up high. Hold for one breath, lower the arms until they are parallel to the ground and then, while inhaling, pull the elbows back, bringing the hands with closed fists to the side of the chest, with elbows that remain a little open. The pelvis remains as frontal as possible, the left foot pushes downward and remains adherent to the ground where possible.

Remain in the position from 20 seconds to 2 minutes. Repeat on the opposite side.



Contraindications: pathologies of the knee.

Benefits: mobilizes and renders elastic pelvic articulations and the muscles connected to it; reinforces the whole body; aids with equilibrium, determination, capacity to confront obstacles and improve decision-making.