

Asana

Warrior 3 Pose

Virabhadra Asana

Virabhadra is the name of a semi divine warrior created by Śiva.

Starting Position: Erect Posture with the feet separated.

Rotate the right foot externally by 90 degrees; flex the right knee and transfer all the weight onto the right foot, raise the left leg until parallel to the ground and forming a continuous line with the trunk. In this variation, the arms remain open laterally, like wings.

The supporting leg is straight; the foot of the raised leg is inclined downwards and is soft; the hips are as horizontal as possible.

Maintain from 20 to 60 seconds; repeat on the opposite side.



Contraindications: serious pathologies of the lower limbs; heart troubles.

Benefits: because the pelvis remains parallel to the ground, it is one of the better techniques for toning the back without exerting strain on the lumbar region; improves circulation and reinforces the heart; increases the sense of equilibrium and tones the lower limbs.