

Asana

Warrior 3 Pose, Facilitated Variation

Virabhadra Asana

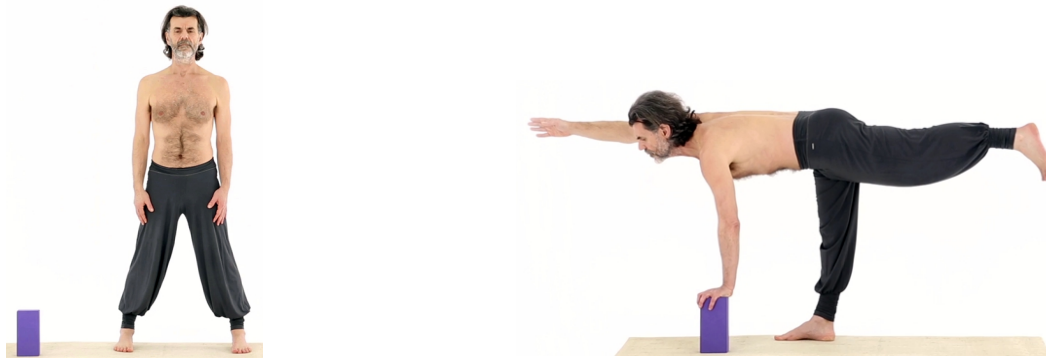
Virabhadra is the name of a semi divine warrior created by Śiva.

Starting Position: Erect Pose with feet separated; place a yoga block on the ground.

Rotate the right foot externally by 90 degrees; flex the right knee and transfer the weight on to the right foot and place the left hand on the yoga block. Raise the left leg until parallel to the ground and forming a continuous line with the trunk. The right arm opens laterally first and is then aligned with the trunk.

The supporting leg is straightened; the support of the yoga block makes it easier to keep the hips horizontal. The foot of the raised leg is inclined downwards and soft.

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.