

## Featured Yoga Pose

# WARRIOR I

### Virabhadrasana A

#### Benefits

- Improves strength of the feet, legs, glutes and core
- Builds stamina
- Improves coordination



Warrior One pose, or Virabhadrasana A, is one of yoga's most famous poses. It is a standing posture commonly practiced in vinyasa classes. In this version, referred to as warrior one, the front knee is bent at a 90-degree angle while the back leg stretches back and the torso faces forward. It is part of the Sun Salutation B series, and is often followed by warrior two and warrior three pose.

#### Tips:

1. Begin standing. Exhale and step your left foot way back.
2. Place the foot flat on the floor and point the toes 45 degrees to the left.
3. Bend your right knee and align it over your right ankle. Check that your heels are in one line.
4. Inhale and reach your hands up, palms facing each other. Gaze forward and breathe while holding the pose.