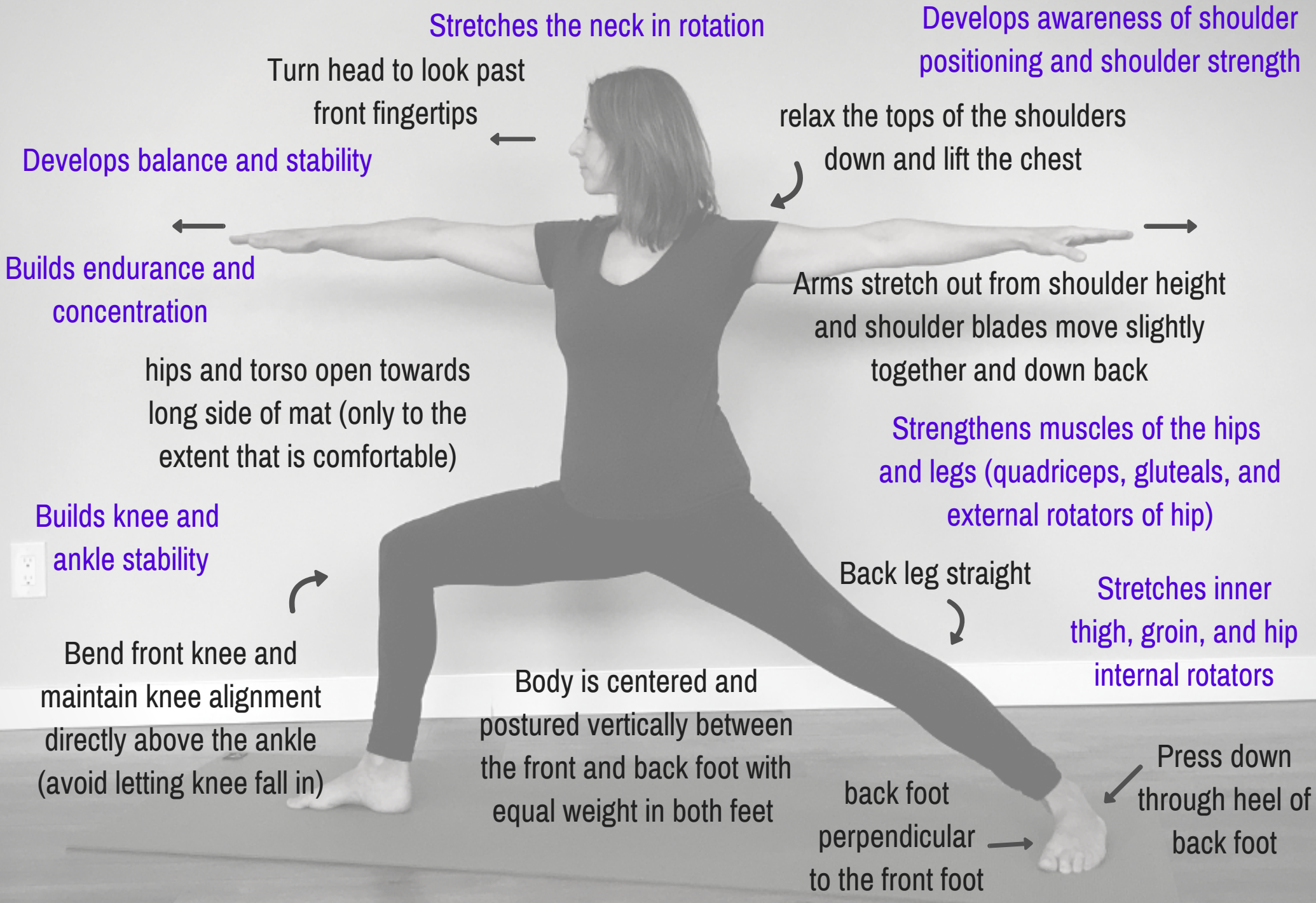


# Warrior II Pose *Virabhadrasana II*



Stretches the neck in rotation

Develops awareness of shoulder positioning and shoulder strength

Turn head to look past front fingertips

relax the tops of the shoulders down and lift the chest

Develops balance and stability

Builds endurance and concentration

Arms stretch out from shoulder height and shoulder blades move slightly together and down back

hips and torso open towards long side of mat (only to the extent that is comfortable)

Strengthens muscles of the hips and legs (quadriceps, gluteals, and external rotators of hip)

Builds knee and ankle stability

Stretches inner thigh, groin, and hip internal rotators

Bend front knee and maintain knee alignment directly above the ankle (avoid letting knee fall in)

Body is centered and postured vertically between the front and back foot with equal weight in both feet

Back leg straight

back foot perpendicular to the front foot

Press down through heel of back foot