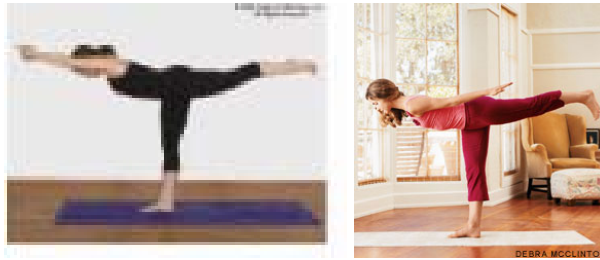


Pose of the Week 5-10-08

Warrior III



Virabhadrasana III

(*veer-ah-bah-DRAHS-anna*)

Virabhadra = the name of a fierce warrior, an incarnation of Shiva, described as having a thousand heads, a thousand eyes, and a thousand feet; wielding a thousand clubs; and wearing a tiger's skin.

Warrior III is the third of the Warrior poses and is a balancing pose. It combines balance, strength and flexibility. Resisting the pull of gravity, we soar over the earth.

- Strengthens the leg, foot and ankle
- Builds balance
- Lengthens and strengthens
- Builds strength and endurance
- Builds focus

Primary Muscles – Hamstrings, calves, glutes, back

Variations - Arms traditionally reach forward, but you can also take arms to the sides or back.

Tips –

- Foundation first – plant the standing foot
- Come only as far as you can balance
- Shoulders relaxed
- Feel long
- Hips face the floor when fully extended parallel to the floor
- Standing leg foot and knee face the front of the mat

With steady breath / soar.



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