

# Warrior I

*Benefits of pose, step by step guide to getting into the pose and modifications*



EQUICENTER  
AT THE WILLIAM & MILDRED LEVINE RANCH



# Warrior I- Virabhadrasana I- Benefits

- Stretches the chest, lungs, shoulders, back, belly and psoas (groin) muscles
  - Strengthens shoulders, arms and back muscles
  - Stretches and strengthens the thighs, calves and ankles
    - Opens the heart and helps develop courage
- Teaches body awareness and increases the body-mind connection
  - Develops coordination
    - Builds stamina
  - Increased flexibility in the hips and shoulders
    - Tones abdominal (core) area

# Directions to Get Into Warrior I

1. From a standing position, step one foot forward as far as you can while bending through the front knee until it is stacked over the front ankle.
2. Turn the back toes out at a 45 degree angle, anchoring the heel to the mat if possible. If necessary, inch the back foot out to the side as if the feet were standing on train tracks and not a tight rope.
3. Stack shoulders on top of hips, which are pointing towards the front edge of the mat.
4. Sweep arms forward and up, actively reaching fingertips towards the ceiling.
5. Bring awareness to the core, working to engage by drawing bottom ribs towards hip points.
6. Inhale to lengthen through the crown of the head and grow longer, exhale to sink a little deeper in the front knee.
7. Switch sides.

# Warrior I Modifications

- Place a chair under the front thigh to aid the support of the front knee and hip and give extra balance.
- Lean one shoulder into the wall or add a chair to offer extra security and grounding.
  - Place a block under front foot.
  - Drop back knee and come into a low lunge.
- Decrease the distance between the feet if feeling any pinching/crunching through the low spine.



RICK CUMMINGS

