

Warrior Pose (Veerabhadrasana or Virabhadrasana)

This pose strengthens the arms, shoulders, thighs and back muscles, all in one go. This pose is named after **Veerabhadra**, a fierce warrior, an incarnation of Lord Shiva. The story of the warrior Veerabhadra, as all stories from Upanishads, has a moral that adds value to our life.

Veera - vigorous, warrior, courageous; **Bhadra** - good, auspicious; **Asana** - Posture
The asana is pronounced as *Vee- Ra- Bha- Dra-aasana*.

How to do Warrior Pose (Veerabhadrasana)

Veerabhadrasana or Virabhadrasana is one of the most graceful yoga postures and it adds beauty and grace to one's yoga practice.

- Stand straight with your legs wide apart by a distance of at least 3-4 feet.
- Turn your right foot out by 90 degrees and left foot in by about 15 degrees.
- **Checkpoint:** Is the heel of the right foot aligned to the center of the left foot?
- Lift both arms sideways to shoulder height with your palms facing upwards.
- Checkpoint: Are your arms parallel to the ground?
- Breathing out, bend your right knee.
- **Checkpoint:** Are your right knee and right ankle forming a straight line? Ensure that your knee does not overshoot the ankle.
- Turn your head and look to your right.
- As you settle down in the yoga posture stretch your arms further.
- Make a gentle effort to push your pelvis down. Hold the yoga posture with the determination of a warrior. Smile like a happy smiling warrior. Keep breathing as you go down.
- Breathing in, come up.
- Breathing out, bring your hands down from the sides.
- Repeat the yoga posture for the left side (turn your left foot out by 90 degrees and turn the right foot in by about 15 degrees).

Benefits of Warrior Pose (Veerabhadrasana)

- Strengthens and tones the arms, legs and lower back.
- Improves balance in the body, helps increase stamina.
- Beneficial for those with sedentary or deskbound jobs.
- Extremely beneficial in case of frozen shoulders.
- Releases stress in the shoulders very effectively in a short span of time.
- Brings auspiciousness, courage, grace and peace.

Contraindications

- Practice Warrior Pose (Veerabhadrasana) only after consulting your doctor if you have experienced spinal disorders recently or just recovered from a chronic illness.

- High blood pressure patients should avoid this posture.
- Veerabhadrasana especially benefits pregnant ladies in their second and third trimester provided they have been practicing yoga regularly. Practice Veerabhadrasana while standing close to a wall so you can support yourself if required. However do consult your doctor before doing this yoga posture.
- Avoid this posture if you are suffering or had recently suffered from diarrhea.
- If you have knee pain or arthritis, use some support at the knee to hold this yoga posture.