

Virabhadrasana II or Warrior II pose

Named after Virabhadra, a warrior from Indian mythology, it is a strong and empowering pose which helps boost energy in the body and gives a powerful stretch to the legs, throat, and chest.

Stand in mountain pose a foundational yoga pose for all standing poses – weight evenly distributed so feet feel rooted into the ground, arms and hands by sides with palms facing outward, neck long with chin level to the ground. Shoulder blades reach toward each other and tailbone down toward the ground. Legs straight with soft bend at knees.

Inhale and jump the legs 4ft apart. Turn the left foot 15 degrees in and the right foot and knee 90 degrees out. Extend the trunk up. Exhale and bend the right leg to a right-angle. Extend arms with palms facing the floor.

Focus on your thumb in front of you and feel your inner strength running through your body. Hold for 20 seconds breathing normally. Exhale and slowly come out of the pose. Return to centre and repeat on the other side.

Happy New Year!

