

Warrior Pose 3

This difficult balancing pose is classically performed away from the wall but is best learned as shown so that students learn the correct actions and alignment of the body as they build strength:

Stand facing the wall with hands pressing the wall at hip height.

Press your palms to the wall and walk back until your legs are vertical to the floor. Keeping your knees tight, lift the back of your legs.

Stretch your spine by continuing to press the wall while pulling back with legs and hips. Keep your neck long, shoulder blades into your back, and the back of your head, spine and sacrum in one line. Do not arch or round your back.

Without losing the length in your spine, lift your right leg so that it is in line with the back and parallel to the floor. Work to keep your knees tight, your shoulder blades in and your back steady. Do not distort your spine and hips. Do not allow your right foot to wing out or in, and keep the center of your right knee facing the floor.

While in this pose, stretch your spine by pulling both legs away from the waist while pushing the wall with straight arms.

Learn to let go of your facial muscles and keep your eyes soft. Your breath should be even and flow smoothly through your nose.

Maintain a continuous flow of attention on the evenness and symmetry of the pose. In this way the mind and emotions become quiet. The practice of yoga stills the mind to give us a glimpse of our true nature.



Keep the trunk even as you raise the leg