




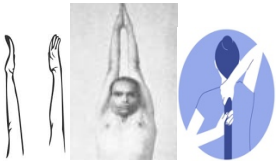


Invocation

Or sit quietly contemplating how our practice builds courage, tenacity, and friendliness.

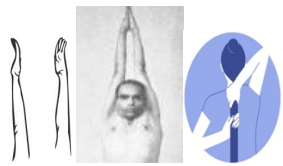

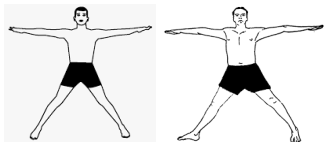


Virabhadrasana poses require length in the lumbar, lifted chests with flexible arms, shoulders and upper backs. Deep groins and open hips are also needed.

While still sitting open your practice with those points in mind.

Swastikasana	Drop knees Lift chest Lift sacrum	
Parivrtta Swastikasana	Keep the sides of the trunk equal in length Turn the abdomen when folding forward	
Swastikasana with Baddha Hastangulyasana	Lift side chest Keep elbows firm and straight Flatten wrists towards ceiling	
Virasana	Sit on required height Draw shoulder blades down and in Lengthen lumbar	
Parsva Virasana	Lift side chest when inhaling Retract abdomen while exhaling and turn	
Virasana with Urdhva Hasta Urdhva Namaskar Gomukhasana	Deepen groins Lift chest Tighten elbows in	

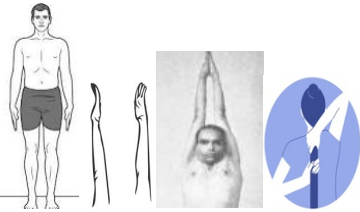

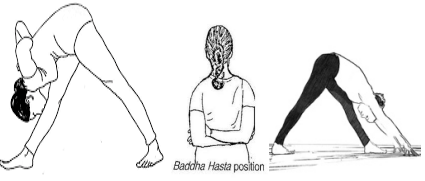


Virabhadrasana II lead up.

Do each pose a few times to each side. Then do the whole set first to one side and then to the next side.

<p>Tadasana with arm work</p>	<p>Spread open feet firmly on the ground Lift the inner thighs and knees Lengthen low back and lift chest Hold all leg work and do arm positions</p>	
<p>Vrksasana</p>	<p>Hold standing ankle steady Push standing thigh towards lifted foot Hold your gaze and intellect steady</p>	
<p>Utthita Pada Hastasana Parsva Hasta Padasana</p>	<p>Lift ankles Lift inner thighs Lift chest</p>	
<p>Utthita Parsva Konasana</p>	<p>Maintain lifted chest, and back ankle Turn front foot out and exhale when bending to deepen your groin Stretch top arm strongly</p>	
<p>Virabhadrasana II</p>	<p>Lift chest Stretch elbows and wrists Anchor back leg and arm while looking in the other direction</p>	

Virabhadrasana II challenges us to hold firmly under difficult conditions. It requires an anchor on the back leg, (the past) and an optimistic look to the future (front leg). We practice physically to infuse these things into our psyche and soul.

Virabhadrasana I lead up - Repeat each preliminary pose a few times, then add another step. Finally do the whole set culminating in Virabhadrasana I

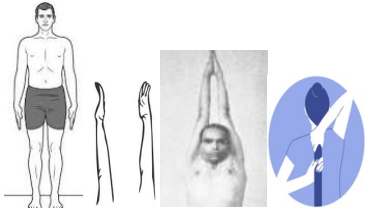

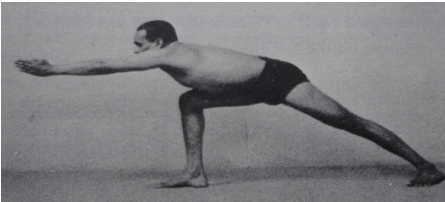



<p>Tadasana with various arm positions</p>	<p>Spread open soles of the feet Lift chest and arms Lift inner thighs, could hold block there for a bit</p>	
<p>Parsvottanasana first step</p>	<p>Step one foot forward, one back Press back heel Square hips forward</p>	
<p>Parsvottanasana Paschim Namaskar Baddha Hasta Hands down</p>	<p>Maintain firm legs and square hips Raise chest, shoulders and head back Deepen front leg groin</p>	
<p>Vimanasana</p>	<p>Maintain firm legs and hips Bend to 90° angle First hands on hips, then spread arms</p>	
<p>Virabhadrasana I</p>	<p>Maintain firm legs and hips Lift side chest with arms Firm elbows and lift head up/back</p>	

Virabhadrasana I is a super strong and uplifting pose. Hold firmly, breathe fully, but do not strain.

This pose teaches us to be strong and lift up.


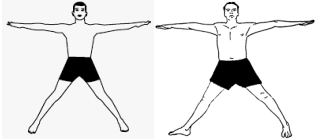

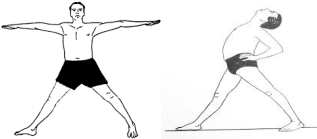



Virabhadrasana III lead up - This is the most difficult because balance is added to all the other challenges. Do each step a few times to each side, slowly building up by adding next step.

Finally do all steps to one side then the other side.






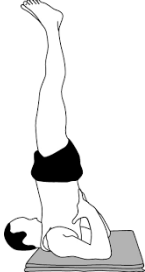

Tadasana	Spread soles of feet Lift inner thighs Lift chest	
Virabhadrasana beginning turning the trunk	Step wide Raise chest when you raise face Raise arms	
Bend front knee	Extend arms from side chest Deepen front leg groin Press back knee straight	
Stand on one leg -fingers on floor	Be strong in ankle Straighten both knees Withdraw abdomen	
Stand on one leg – fingers to wall	Maintain strong legs Stretch side chest with arms Look at wall	
Virabhadrasana III	From chest on thigh in bent leg surge forward Be strong in legs and arms Look ahead	

Virabhadrasana III is the hardest.
Don't allow discouragement.
Expect to improve with future practice.




Now try a few rounds putting the 3 Virabhadrasana poses in a continuous set.
 See if the hard work done before can transform to a smoother and more effortless approach.
 Breathe deeply and smoothly.

Tadasana	Stand tall Expand feet on floor Center your breath and intentions	
Utthita Pada Hastasana Parsva Hasta Padasana	Don't rush these two Each stage establishes our stability	
Virabhadrasana II	Deepen the bent leg groin Lift sternum Descend shoulder blades Stretch arms firmly Breathe quietly Return to Tadasana	
Parsva Hasta then turn hips	Left chest Square your hips	
Virabhadrasana I	Sit low as you raise your heart high Use your strong arms to maintain the lift and lighten load on legs	
Virabhadrasana III	Fly with confidence Or use floor, wall or chair for support as you build up	
Return to Tadasana Do full set to other side	Move rhythmically Breathe Easily Be Happy, Don't Worry	

If you have time and energy insert an inversion practice now or skip to the last set.

Uttanasana	Hang head Or rest head on block	
Adho Mukha Svanasana	Recall the strong chest and deep groins from the Virabhadrasana sets	
Sirsasana	Use wall as needed. Have a steady gaze. Don't overdo the legs now as they have worked hard earlier	
Adho Mukha Virasana	Rest upper back Rest your forehead Breathe freely into your back	
Halasasna	Use chair or lower height for feet if needed	
Salamba Sarvangasana	Hold the legs together Keep chest lifter Appreciate the weight not on the legs	
Paschimottanasana	Rest head on bolster or blankets if needed Relax head Expand your back with your breath	

Finally, some reclining poses for rest with quiet breath traffic practice Finish with supported Savasana.

<p>Supta Baddha Konasana</p>	<p>Design breath to travel in point up triangle Quietly extend your exhalations</p>	
<p>Supta Virasana</p>	<p>Breathe in a rectangular pattern Extend duration of exhalation Deepen the abdominal cavity</p>	
<p>Supta Swastikasana or Matsyasana if Padmasana is possible</p>	<p>Breathe in a point down triangular pattern Deepen the exhalations</p>	
<p>Savasana</p>	<p>Use support as you deem helpful Legs on chair Chest on Bolster Bolster under knees Eye wrap</p>	