

Easton Yoga School 200hr Yoga Teacher Training

Asana Homework Outline with Example

Warrior II Pose / Virabhadrasana II (Sanskrit name)

1. Give a brief instruction into the pose.

Standing with legs spread wide and the arms stretched out to either side.

2. Give 5 points of information while using dual action.

- a. Identify the foundation.

Stand with your legs wide apart. Pivot the right foot in slightly and the left foot out sideways. Bend the left leg so that the thigh is parallel with the floor. The bent leg is externally rotated; the straight leg is internally rotated.

- b. Detail how to align the pelvis and lengthen the spine.

Pelvis is in the neutral position, neither tilted back or forward. The spine is drawn straight upward. The body is facing slightly to the left when the left leg is bent.

- c. Detail alignment for shoulders, arms and neck

Shoulders are down; neck is straight and elongated, but not to the point of discomfort; arms out to either side, raised to shoulder height.

- d. Organs of Perception.

Your body experiences balance on the large scale, as well as strength.

- e. Heart Language to inspire devotion to the pose.

Use this pose to grow your strength, endurance and focus, to help you in your daily battles!

3. Benefits of the Pose.

Strengthens and stretches the hip and shoulders, opens the chest, increases lung capacity, enhances muscular endurance, lengthens the spine and builds focus and concentration.

4. Risk factors of the pose.

Do not practice Warrior II if you have a recent hip, knee, or shoulder injury, or if you are experiencing diarrhea or high blood pressure. Those with neck injuries should not turn their head to face the front hand.