



WARRIOR 1

The second pose in our series is Warrior 1. This is a powerful action for the whole body, sculpting and toning the legs, strengthening the core and back muscles, aligning the spine and shoulders and building confidence. This is an excellent pose for runners and people who sit a lot.

- Begin with your hands towards the front of your mat and your feet towards the back. Lift your hips high.
- Turn your left heel inwards 45° and down to the mat. Step your right foot straight forward as far as you can. Your left leg is straight and your right leg is bent at the knee.
- Press down firmly through your feet and lift your torso upright over your hips. Raise your arms up to the sky.
- Align your right knee directly over your right ankle – DON'T let your right knee turn inwards towards the middle of your mat.
- Pull your outer right hip backwards and your outer left hip forwards, squaring the hips.
- If your hips and/or low back are stiff you may need to tilt your torso forward. Firm your belly to support your back in this position. If you are more mobile, reach up on an inhale and bend back a little.
- Set your eyes straight ahead or look up between your hands.
- Take five to ten long, calm breaths – be a Warrior, not a Worrier! Then lower your hands to the floor and repeat on the opposite side.

