

Virabhadrasana II

Shoulders aligned over hips

Chin level

Ankles aligned under wrists
(for strengthening & energising effect)

Rear leg very strong and active
(may be some external hip rotation or
can allow hip to move into more
hyperextension by adjusting position
of foot either outwards or forwards)

Pelvis level so no tilt forward
creating backbend & lumbar
compression

Front knee over ankle; knee & foot aligned
(avoid rotation, if knee falls inwardly can
turn foot in a few degrees so aligned)

**Foot rooted to ground with
rear arch lifted**

**Equal weight between both
feet**

