

# Warrior II

- Press through outer edge of back foot
- Stretch mat apart with feet
- Stack front knee over ankle
- Dip hips down so front thigh is parallel to floor
- Squeeze back leg and lift back inner thigh to the sky
- Spin inner thighs out and away from each other
- Press tailbone toward front knee
- Lift belly, spine and chest
- Stack shoulders over hips
- Drop shoulder blades down your back
- Reach through both arms and fingertips
- Gaze over front middle fingernail

## MODIFIED

- Sit in a chair, following the instructions for Warrior II



WARRIOR II



MODIFIED