



Prenatal Yoga Tip #5 – Prenatal Warrior Series - Virabhadrasana I and II

Warrior Poses (Virabhadrasana I and II) are practiced in Prenatal Yoga for a variety of reasons. Both poses are excellent to build up leg strength, increase postural awareness, develop arm and shoulder strengths and open up hips. In the Prenatal Warrior Series it is recommended that pregnant women hold each warrior pose for approximately 1 minute each side with a 30 second rest in between. It is believed this aids the body (and mind) in learning to endure contractions as well as develop the ability to rest in between contractions. As well, both Virabhadrasana I and II are confidence building poses, confidence aids not only with labour and delivery, but also with the first months of new motherhood. Both are great poses to practice every day until delivery, warm up first and always listen to your body.

Virabhadrasana I – Start at the top of your mat in mountain pose. Step your right foot back approximately 3 feet. With your hands on your hips, placing your right heel on the floor turn your toes so the face approximately toward the front corner of your mat, or until your hips are square to the front. Using strength bend your left (front) knee to 90 degrees (or less). Note if your front knee goes out past your ankle, step farther back or move your left foot forward. Reach your arms up, parallel with your ears (modification to rest your hands on your hips).

Virabhadrasana II – Starting at the top of your mat in mountain, with your hands on your hips step back about your leg length. Turn your back foot parallel with the back edge of your mat, your front toes are pointing directly forward. Turn your hips so they are pointed to the long side of the mat. As you exhale bend your front knee to 90 degrees (or less). Check that you can see your big toe on the inside of your front knee (this helps keep your hips open). Inhale your arms up to shoulder height, check that they are even and that you are directly over your hips, not leaning to the front or back. Then fix that laser gaze over the middle finger or your front hand and breath.

Remember to practice on both sides and relish the rest in between.

Heartsong Yoga - Prenatal Training - Elizabeth Hagan, 2014.