

How to:



## Reverse Virabhadrasana II Reverse Warrior II

Adjustments and variations, prep and follow-up poses, advancements

**Relevant Anatomy: Internal and external benefits / risks**

**Other Benefits to Class: spiritual, chakras, sequence development...**

## **SHORT SCRIPT:**

- From Warrior 2, turn your left palm up and lift it up toward the sky. Let your right hand find the back thigh.
- Lengthen your spine, lift the chest, open the throat, look up.
- Inhale and lift your arms up overhead, lengthen your spine and look up.

## **MY EXTENDED SCRIPT (what I like to talk about in this pose)**