

THE YOGA POSERS

VIRABHADRASANA 2

WARRIOR 2 IS THE WORKHORSE OF STANDING POSES

BIOMECHANIC BASICS	Category: Standing Pose with front leg abducted/externally rotated. Back leg is extended/abducted. Heel to heel alignment. Pelvis rotates slightly towards front leg. Front knee is flexed to 90 degrees. Back knee extends. Shoulders abduct. Spinal curves counter-rotate (lumbopelvic vs thoracic vs cervical).
BENEFITS	This pose builds leg strength, hip stability & flexibility while introducing the mild twists present in many standing poses. A convenient base to explore shoulder non-weightbearing shoulder alignment.
COMMON COMPLAINTS	Groin sensation or pain (either leg), front knee pain, low back ache/pinch, top of shoulder/sides of neck strain/fatigue, difficulty turning head comfortably.
COMMON MISALIGNMENTS	Pelvis is forced to square. Front hip adducts (knee narrows). Stance too short. Back leg too far back. Torso leans towards front leg. Front hip over-flexes. Back knee hyperextends and back hip glides anteriorly. Low back overarches so pelvis anteriorly tilts OR lumbar spine flattens and pelvis tucks. No twist in thoracic spine. Upper arms internally rotate and hunch. Elbows, wrists and fingers hyperextend. Head is unlevel in twist.
VARIATIONS	Reverse Warrior. <i>Gardudasana</i> (Eagle), Gomukhasana or Reverse Namaste arms. Humble Warrior.
THERAPEUTIC APPLICATIONS	Block between front shin and wall (and front palm to wall). Back heel to wall. Seated in chair. Block under front foot. Front of foot or heel elevated to respectively slow down or facilitate hip flexion. Hand behind head to guide rotation. Press strap at lower ribcage to reduce posterior tilt and assist twist.



FAVORITE CUES

- Align heel to heel
- Zip up the belly
- Imagine you have a heavy dinosaur tail
- Lift the front hip point as you drop the front thigh
- Spin the *inner* pelvic contents away from the front leg (not the outer container)