

A Sequence working up to Virabhadrasana 3

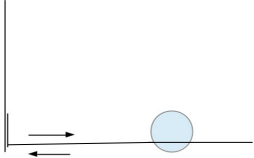
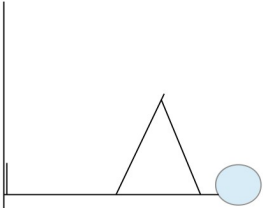
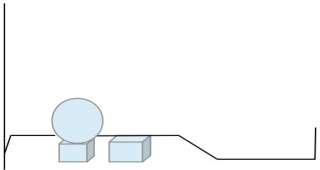
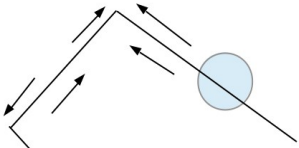
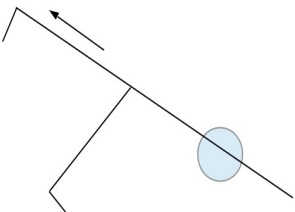
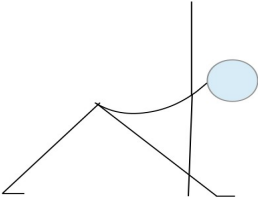
In its entirety, this is a strong sequence for Intermediate students. However parts can be taken separately and incorporated into sequences for all levels.

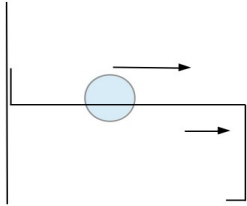
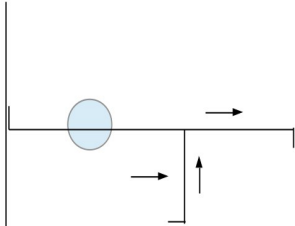
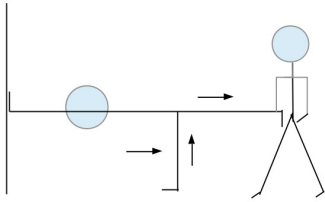
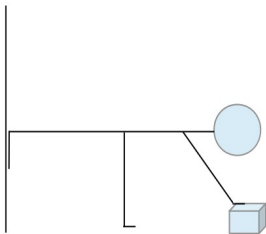
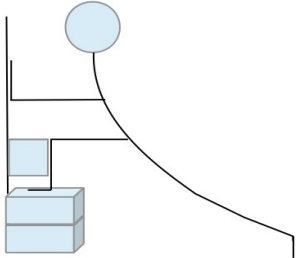
Virabhadrasana 3 requires -

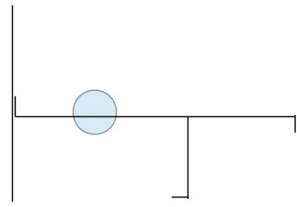
- Extension – of Trunk, Arms, Legs/Hips
- Strength – All core muscles, Front trunk, Back trunk, Psoas, Gluteus Medius, Gluteus Maximus
- Flexibility – of Shoulder Girdle, Pelvic Girdle

Caution:

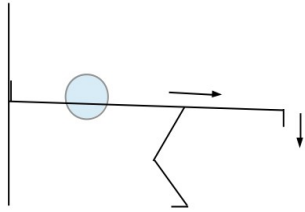
This sequence can be very strong for anyone with SI (Sacroiliac) Joint issues. Do not proceed until strength is built in the hip region. This can be achieved by doing segments individually and building on each of the parts until you feel the stability coming.

	<p>SUPTA TADASANA Lying down press legs to the wall. Extend arms overhead. Reaching in the 2 directions- extension.</p>
	<p>SUPTA PADANGUSTHASANA Move outer hip of raised leg back towards the wall, to keep pelvis parallel. This action is necessary for VB3 execution.</p>
	<p>SUPTA URDHVA HASTASANA (with support for head and chest) Block under the shoulder blade Block under the head Palms pushing into the wall to open shoulder/armpit region Keep bottom ribs down, draw towards front pelvic rim</p>
	<p>ADHOMUKHA SVANASANA</p>
	<p>EKAPADA ADHOMUKHA SVANASANA Hips level Extend Leg 1x Slow 4x Quick Teaches leg extension (raised leg) while maintaining level hips Improves balance and strength in shoulders/arms</p>
	<p>PARIVRTTA TRIKONASANA Requires balance, with hips in similar position as that required in VB3 Gain strength and extension of trunk from the rotation</p>

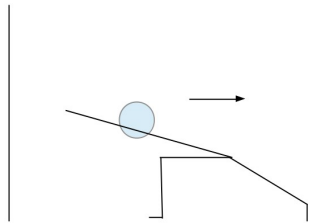
	<p>ARDHA UTTANASANA (with support of wall)</p> <p>Both outer hips back Inner groins back</p>
	<p>VIRABHADRASANA III - a (with hands on wall)</p> <p>Bend standing leg if necessary to get the outer hip of standing leg back Maintain parallel hips Tailbone moving towards heel of extended leg Maintain length in lumbar/sacrum</p>
	<p>- b (as above plus extended leg/foot supported by partners hip)</p> <p>In pairs - Extend leg into helpers side hip to understand full extension</p>
	<p>VIRABHADRASANA III (with support of wall for foot and blocks for hands)</p> <p>Now push into the wall, toes facing the floor Hips are level (parallel to the floor) Sternum forward, Navel to spine, Lumbar long</p>
	<p>VIRABHADRASANA I (with support)</p> <p>2 Blocks to the wall Foot up with block between wall and shin With fingertips on the wall take outer bent leg hip back towards raised back heel Extend back leg, lift pubic bone up and tail bone down for extension of back leg</p>



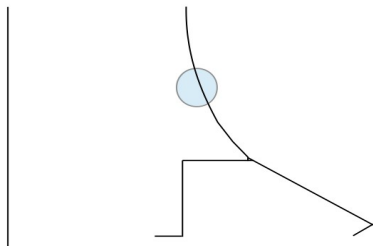
(a)



(b)



(c)



(d)

VIRABADHASANA III TO I AND REVERSE

Transition 1

From (a) bend standing leg, keep the outer hip back and inner edge of front foot grounded.

Step back to (b) trunk close to front thigh; back toe touches floor (c).

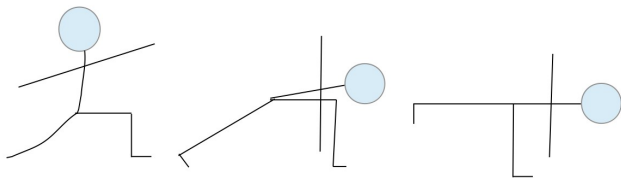
Activate front leg thigh to straighten leg. Resist shin from moving too far past ankle, ground front heel and reverse steps to arrive at position (a) (Repeat x3 on each side)

Transition 2

(a) to (b) to (c), then come to (d) - Virabhadrasana I (Warrior I)

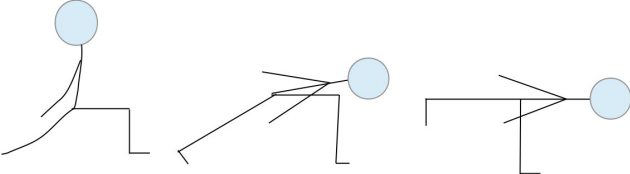
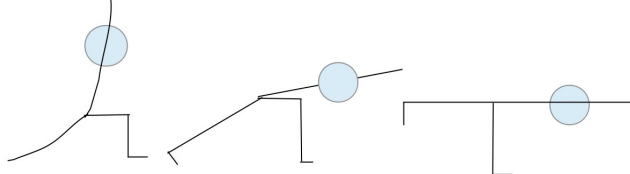
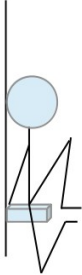
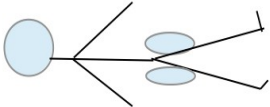
Reverse steps to arrive at (a)

Repeat x 2 each side



VIRABHDRASANA I TO III

In the center of the room,
1) With Vimanasana Arms

	<p>2) With Arms besides the Trunk</p>
	<p>VIRABHADRASANA III 3) Arms overhead – Classic Pose</p>
	<p>BADDHA KONASANA Support Buttocks Sit with back to wall in Baddha Konasana Press feet together, so you feel femur bones (thigh bones) move in towards each other Use arms to press to floor and lift spine</p> <p>This pose stabilizes hips (SI), lifts pelvic floor and brings some recovery.</p>
	<p>SAVASANA Make 2x Rolled blankets and prop outer pelvic basin to cradle pelvic organs which should be soft. Prevents legs from rolling out.</p>