



Ms. Julie C.'s Yoga Poses: Warrior I



Warrior I Pose

- Make sure your front knee is over your ankle and not jutting out past your toes.
- Press up through the back thigh and back through the heel.
- Switch sides.

Modification

- You can hold your hands on your hips or leave the arms down along your sides.

Benefits

- Stretches and tones the inner thighs.
- Strengthens legs and core.
- Improves circulation.