



## Ms. Julie C.'s Yoga Poses: Warrior II



### Warrior II Pose

- The knee should be over the ankle in a 90 degree angle.
- The heel of the front foot should bisect the arch of the back foot.
- Press the fingertips away from each other and keep the shoulders relaxed.

### Benefits

- Increases flexibility of the hip joints.
- Develops coordination.
- Strengthens feet and ankles.

### Modifications

- You can place the hands on the hips.
- Take a shorter stance, so the knee isn't bent as deeply.