







Virabhadrasana I (Warrior I) Adaptations



Stretch  **Strengthen** 

Excellent for emphasizing one side of the body, especially the hip flexors and lower back

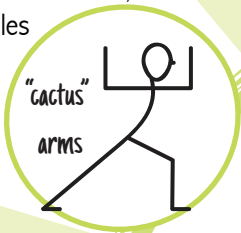
Stretch  **Strengthen** 

More intense stretch in the upper body, but can be hard for the neck and shoulders

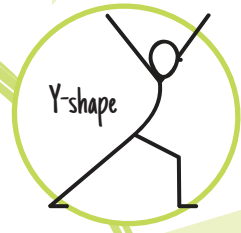
Stretch  **Strengthen** 

Stretch  **Strengthen** 

Easier for the neck and shoulders, strengthens the muscles between the shoulder blades and stretches the chest





Easier for the neck and shoulders, targets the trapezius muscle and the chest



Strengthen 

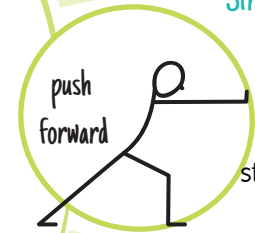
Great for strengthening the latissimus dorsi muscles

Stretch  **Strengthen** 

+ Strengthen the core

Can be hard for the neck and shoulders

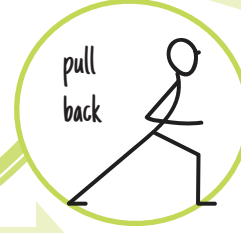
Stretch 





Great for stretching the upper back and neck

Great in combination



Excellent for working with shoulder issues




Excellent for relieving neck/upper back tension

Stretch  **Strengthen** 




Stretch  **Strengthen** 

Stretch  **Strengthen** 

Great for stretching the chest and strengthening the upper back and neck

Intense stretch in the chest and shoulders, but can be too much for the neck and shoulders

Stretch  **Strengthen** 