

Warrior pose

Escrito por braydenmulgrave - 14/08/2022 21:58

The posture of the warrior is a well known asana in yoga and very practiced for its many benefits but this asana is very complete because it has other versions dedicated to the Warrior. This is why all these postures are of strength in legs and in the first Chakra, as they are a kind of tribute to the Warrior. In the case of Viparita Virabhadrasana, or Inverted Warrior, this posture strengthens your legs and buttocks, helps to improve your balance and focus the mind. That is why it is said that you can increase stamina level by practicing the reversed warrior pose.

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