**Virabhadrasana 1 (Warrior Pose)**

**Equipment**: Yoga mat

* Do the yoga poses only as far as your body feels comfortable — never force or overstretch.
* Breathe normally, stop if you feel pain, dizziness, or strain.

**Avoid if:**

* Avoid this pose if you have knee injuries, severe ankle pain, or any hip-related issues.
* If you experience discomfort or pain while practicing, come out of the pose immediately and consult a healthcare professional or a qualified yoga instructor.

**Instructions:**

1. Stand tall and spread your legs about 3 to 4 feet apart. Position your right foot in front and your left foot behind.
2. Turn your right foot outward by 90 degrees and your left foot slightly inward (about 15 degrees), ensuring that the heel of your right foot aligns with the center of your left foot.
3. Raise your arms sideways until they reach shoulder height, keeping your arms parallel to the ground with your palms facing upward.
4. Exhale as you bend your right knee, making sure your knee is directly above your ankle, forming a straight line.
5. Turn your gaze over your right fingertips.
6. As you deepen into the pose, stretch your arms overhead, joining your palms together. Look at your palms while gently pushing your pelvis down.
7. Hold the pose for several breaths, maintaining normal breathing and steady posture.
8. Inhale to come back to standing.
9. Exhale and lower your arms back to your sides.
10. Repeat the pose on the left side, with your left leg in front and your right leg behind.

**Key Tips:**

* Alignment: Ensure that your right knee does not extend beyond your ankle to prevent strain.
* Breath Awareness: Focus on your breath throughout the pose; deep, steady breathing helps maintain balance and stability.
* Engagement: Engage your core muscles to support your lower back and maintain stability in the pose.