**Virabhadrasana 2 (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.

**Precautions:**

* Avoid if You Have Knee Issues: If you have a history of knee problems or injuries, consult with a healthcare professional before practicing this pose.
* Modify as Needed: If you feel discomfort, consider shortening your stance or using a wall for support.
* Listen to Your Body: If you experience pain or strain in any part of your body while in the pose, exit the pose and take a break.

**Instructions:**

1. Stand at the center of your mat, feet hip-width apart. Step your feet wide apart, facing the long side of the mat.
2. Turn your right foot out 90 degrees and your right knee to face the front of the mat.
3. Angle your left toes slightly inward toward the upper left corner of the mat.
4. Bend your right knee, ensuring it aligns directly over your right ankle.
5. Distribute your weight evenly between both legs, pressing down through the outer edge of your back foot.
6. Keep your torso upright, with the crown of your head aligned over your pelvis and your shoulders over your hips.
7. Extend both arms parallel to the floor, reaching through your fingertips toward the front and back of the mat. Turn your head to gaze over your right fingertips.
8. Hold the pose for 3-4 breaths, maintaining a steady and calm breath.
9. To exit the pose, exhale as you press down through your feet, inhale, and straighten your legs.
10. Return your feet to parallel, facing the left long side of the mat.
11. Repeat on the opposite side.

**Key Tips:**

* Engage Your Core: Activate your core muscles to help maintain balance and stability throughout the pose.
* Check Your Alignment: Ensure that your right knee does not extend beyond your right ankle to protect your knee joint.
* Relax Your Shoulders: Keep your shoulders relaxed and away from your ears, allowing for a more open and spacious chest.