

My weekly ponderings...

Good morning everyone!

Did you all enjoy being a tree last week? Whether you were solid as an oak, supple as a willow or ideally both, I encourage you to keep practising. Noticing each time, that your balance improves and how also your stillness of thought does too. This week we will be profiling...

VIRABHADRASANA 2

No 2. (Virabhadra – warrior Asana - pose)

Muscles working:

Front leg - Thighs, hamstrings, hip flexors, groin and calves/shins.

Rear leg - Thighs, glutes, groin.

Trunk - Core and abdominals.

Torso – Chest and trapezius.

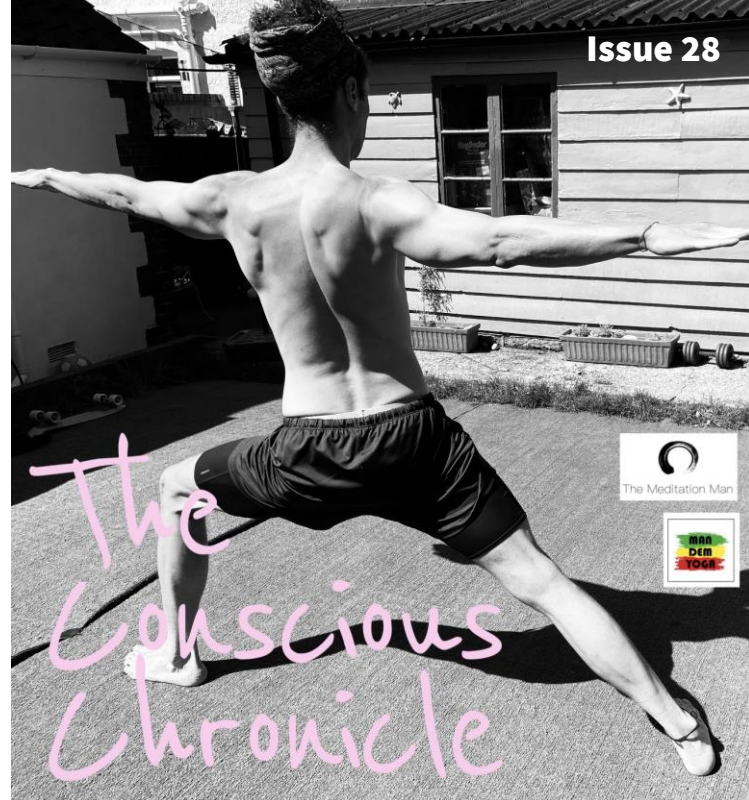
Arms - All parts of shoulders and triceps (back of arms).

Benefits – A really fantastic pose for strengthening and toning the leg muscles, it stretches out the calves too. Develops suppleness to the upper body, especially the back and when engaged it tones the abdominal areas.

Modifications - If this pose is challenging at first, using a wall is another perfect way to begin. Firmly press the back foot on the skirting board to encourage the stability of the pose whilst building strength.

Like all poses/asana in this short profile series, warrior 2 is perfect to practice at home or outside in an open space. All standing asana just require a firm and level ground to ensure correct alignment from the outset, which will help prevent injury or unnecessary strains. There are three warrior poses as far as I know, with many variations and shapes that can be built from the foundational asana. To begin warrior 2 come to a standing position 'Tadasana' (mountain pose) and take the right foot back to a comfortable distance, also making sure your feet are not directly behind each other otherwise you will feel like you are on a tightrope!!

As with tree pose, ground the outer edges of the feet



down to create that inner arch, lift in the soles and to keep the ankles stable. The rear leg hip can be flexible and turn out naturally as the torso almost faces the direction of the wall. Maintain softness and buoyancy in the legs and keep the upper body light and airy. The front knee should be directly above the ankle, so that you can see the toes, this will protect the knee joint and build strength in the thigh muscles safely. Squeeze the groins together to create firmness from the ground up. Finally, like iron man or woman extend the arms long either side, keeping the shoulders relaxed from the ears and triceps firm. Feel free to express yourself with the hands, maybe flexing up and down or circling. When you have held the pose for let's say 30 seconds to a minute (with smooth breathing and core engagement) swap to the other side. As you practice, this pose will become your staple and create a sense of poise and warrior-like strength! In various yoga scriptures, the story goes that this is the pose that was executed to fight a King to win his daughter. Bit more fun than on one knee! Enjoy!

'Devoted practice, Abhyasa, cultivates the unfolding of consciousness'. - Yoga sutras 1.13

NEW and current classes...

Location; The Studio, Earlham House Clinic, Unit15, Earlham House, Norwich, NR2 3PD.

MONDAYS & TUESDAYS - weekly mixed ability yoga class - 6pm.

Hatha / Vinyasa Flow Yoga A step up from the complete beginners' class at an intermediate level.

We will be working through some of the more challenging poses at a reasonable pace to really feel like you are working the body and achieving a good workout. We will put into practice; posture, breathing exercises, relaxation and meditation.

THURSDAYS - 6-week beginners yoga course - 6pm – STARTING THURSDAY 8th SEPTEMBER 2022.

Suitable for complete beginners, or those who are wishing to refresh themselves on some of the fundamental postures of yoga before joining or re-joining a mixed ability yoga class. The class will be kept to a small size and paced to allow the participants to learn each pose in a safe, friendly, supportive and unrushed environment. We will cover; posture, breathing exercises, philosophy, relaxation and meditation.

SATURDAYS - Outdoor weekly guided meditation sessions, The Plantation Gardens – 9am.

Starting from 21st May... They are back... A one-hour outdoor guided meditation session in the relaxed & beautiful setting of 'The Plantation Gardens'. Reflecting on philosophy, whilst enjoying some peace and tranquillity.