yogalike

Warrior I

Virabhadrasana I · Beginner



1. From standing, step one foot back — a little shorter than for Warrior II.
2. Turn your back foot out slightly and press its outer edge down.
3. Bend your front knee toward a right angle, knee over the ankle.
4. Keep your back leg long and strong.
5. Face your hips and chest forward, over the front leg.
6. Reach both arms up alongside your ears.

What to feel for

Front knee stacked over the front ankle.

Back leg straight, back heel grounded.

Torso tall over the hips rather than leaning onto the front thigh.

Both hips turning to face forward — the camera cannot see this from the side.

Variations



Arms overhead



Hands on hips



Shorter stance

yogalike · scan to practise, no account needed

https://yogalike.lp-data.cloud/practice?pose=warrior-i&from=printable

It offers practice guidance, not medical advice, and it cannot tell whether a pose is right for your body. Move within what feels comfortable, and stop if anything hurts.

Free to print and share with your students, as long as this line stays on the sheet.