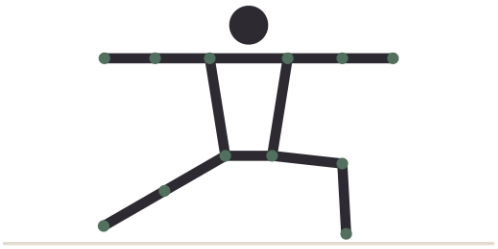
yogalike

Warrior II

Virabhadrasana II · Intermediate



1. From standing, step your feet wide apart — roughly one and a half leg-lengths.
2. Turn your front foot to point forward and your back foot slightly in.
3. Bend your front knee toward a right angle, knee tracking over the ankle.
4. Keep your back leg long and strong.
5. Stretch your arms out at shoulder height, one forward, one back.
6. Stack your shoulders over your hips and gaze over your front hand.

What to feel for

Front knee over the front ankle, heading toward 90°.

Back leg straight, outer edge of the back foot grounded.

Arms level with the floor, reaching away from each other.

Torso upright — not leaning over the front leg.

Shoulders relaxed down, away from your ears.

Variations



Full stance



Shorter stance

yogalike · scan to practise, no account needed

https://yogalike.lp-data.cloud/practice?pose=warrior-ii&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.