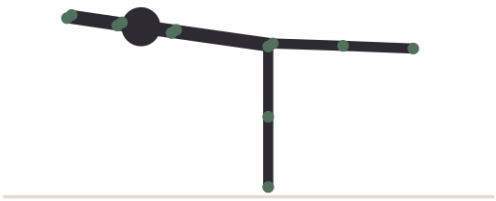
yogalike

# Warrior III

Virabhadrasana III · Intermediate



1. Stand tall and shift your weight into one foot.
2. Hinge forward from the hips as the other leg lifts behind you.
3. Keep tipping until your torso and lifted leg are close to level with the floor.
4. Reach your arms forward, rest your hands on your hips, or place them on blocks.
5. Keep the standing leg long and press back through the lifted heel.

## What to feel for

One long line from your hands or shoulders to the lifted heel.

Standing leg long, knee soft.

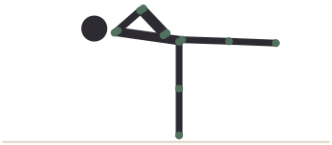
Lifted toes pointing down at the floor, so both hips face the floor — the camera cannot see this.

A fixed point on the floor to gaze at helps the balance.

## Variations



Arms reaching forward



Hands on hips



Hands on blocks

yogalike · scan to practise, no account needed

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