yogalike

Warrior sequence

About 8 min · holds and time to come into each pose



1. Mountain Pose

Arms by your sides · hold 15 s



2. Warrior I

Arms overhead · left side · hold 30 s



3. Warrior II

Full stance · left side · hold 30 s

Open your hips and arms to the side.



4. Triangle Pose

Hand to shin · left side · hold 30 s

Straighten the front leg and reach forward, then down.



5. Warrior I

Arms overhead · right side · hold 30 s



6. Warrior II

Full stance · right side · hold 30 s



7. Triangle Pose

Hand to shin · right side · hold 30 s



8. Mountain Pose

Arms overhead (Urdhva Hastasana) · hold 30 s

yogalike · scan to practise, no account needed

https://yogalike.lp-data.cloud/practice?pose=mountain&variant=classic&hold=15&sequence=warrior-flow&step=1&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.