

# Let your inner light shine...

Delve into the strength and fortitude of the Warrior Poses!  
We'll be looking at them on a physical and spiritual level.  
Suitable for beginners.

Spaces limited - book now!  
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Finding your Inner  
Warrior Workshop

with Maggie  
Saturday September 29  
10am - 1230pm  
Price: \$35 pp



## FOCUS:

### WARRIOR POSE 2

Sanskrit: Virabhadrasana II

*Honour the heroic qualities that resides inside of you. Connect to the integral power of your legs which are linked to intent, propelling us into action. Say a silent "Ha!" to your imaginary foe or problem!*

1. Stand in Mountain Pose. Step the feet wide & Stand in Mountain Pose. Step the feet wide & turn the right foot out 90 degrees so that the heel is opposite the arch of the left foot. Turn the left foot slightly in - about 15 degrees.
2. Square the hips to the front, tuck the tailbone under & float the chest & spine upward. Keep the trunk facing forward, try not to lean to the right.
3. Raise the arms to the side, Extend out through the fingers, soften the shoulders down. Turn your head to rest your gaze at the middle fingertip of your right hand. If your arms get tired, focus on the inhalation. Imagine you are breathing through the fingertips. Feel like you have balloons tied to your wrists, effortlessly lifting up your arms.
4. Bend the right knee as you exhale so that the right thigh is parallel to the floor. Make sure the knee is directly above the ankle. Press the inner knee back so you can see your big toe but not your little one.
5. Build concentration by focusing on your middle finger. Press strongly into the outer edge of the left foot. Keep the back leg strong and straight. Lift against the force of gravity. Feel the strength of your own resistance & then surrender.
6. To release, inhale as you straighten the left leg. Turn the right foot in, the left foot out and repeat on the other side.

## The Spring of Yoga

People often ask yogis and yoginis why we do yoga and what the difference is between going to a yoga class and a 'stretch' class. Both let you relax and stretch out tired or sore muscles which allows you to gain a greater range of motion, reduce pain and hopefully, gain a better quality of life.

A yoga class can also be a strength and conditioning class. On a physical level, it can be a workout, depending on your intensity. In yoga, the poses are designed to allow you to engage your body physically, emotionally, energetically and spiritually. It might seem that your yoga practise is only physically engaging but trust me, all those other engagements are occurring at the same time. You just can't 'see' it.

Yoga is a practise, not just an exercise. It's about being 'one' and being unified within yourself, others, the environment and with the greater universe. To challenge yourself to do things you never thought possible. In your yoga practise, every time you do a pose, it's like Spring - new life, new beginnings. When you start embracing the call of yoga, you notice a change. The world seems more beautiful. You see the world differently because you become more 'in-tune' with your being and with the world around you. Your perspective changes and your poses evolve with you.