

# Yoga pose for January

## Chair Warrior 2

The chair allows us to get a little deeper into the pose, however is not necessary if you wish to do it on your own. Sit on your right thigh and sitting bone on the chair. Keep your front heel in line with your back foot's instep. Make sure that your right/front knee is pointing over your second toe and that your knee is above the ankle. This keeps your knee safe and engages the outer thigh and butt. Keep your torso over in the centre of the legs.

It will be tempting to lean forward over your front leg. Keep the back leg strong. Gaze over the right arm. It is a great pose for setting intentions. Feel as though you have already achieved them.

After you have aligned yourself, relax a little- it is the end of the pose. Breathe easily for about 3 to 5 long breaths. Remember to relax the neck and the arms.

Wishing you all a brilliant 2018!



## Yoga Pose of the Month - Chair Warrior

Written by Melinda Wright

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*Classes cater for all levels of ability and ages. Private classes also available.*

*Please contact Melinda for more details*

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About Melinda:

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