

WARRIOR I



BENEFITS

Energizes and grounds. Quickly warms the body. Develops strength, endurance, and flexibility. Good confidence builder before a test or a major challenge.

TIME

6 seconds to 1 minute

ACTIVITY

- Stand with legs hip-width apart.
- Take right leg back, placing the knee on floor (bent-knee version), or take right foot back 3 to 4 feet with heel off floor and straighten back leg (straight-leg version).
- Move hips forward and slide the back leg back until the front knee is right over the front ankle.
- Take arms overhead, palms facing each other and fingers extending.
- Lift belly, head, and heart.
- Repeat on other side.

(If the knee is uncomfortable in bent-knee version, double up mat or place padding under it.)

VARIATIONS & INTEGRATION

- Combine Warrior I pose with Strong Voice activity (p. 122).
- Have students pair up and face each other so they can see each other's strength.
- As students gain strength, increase the holding time.
- Useful cue: "Send lasers from your belly out through your fingers."

NOTES

The Warrior is a common archetype in many cultures, signifying the passage to adulthood, the protection of family and culture, and the ability to stand up for what one believes.

