

FLOW 09 OF 18 | INTERMEDIATE

Rooted Warrior

Strength, stamina and grounded presence



inhale - exhale

CLASS MAP

A complete intermediate practice progressing toward Warrior III to standing split variations. Every peak is optional; the quality of attention is the real practice.

INTENTION

I meet effort without hardening.

45-MINUTE ARC

ARRIVE	4 min
WARM	7 min
WARRIOR FIELD	16 min
BALANCE	6 min
GROUND	7 min
REST	5 min

PROPS AND SETUP

Mat and two blocks.

ACCOMPANYING MUSIC

Open the matching private Spotify playlist as students settle. Let the final track continue beneath Savasana.

[OPEN PLAYLIST IN SPOTIFY](#)

MOVEMENT SEQUENCE**Arrive | 4 min**

- Mountain Pose body scan
- Slow chair pulses with steady breath

Warm | 7 min

- Cat-Cow; Bird Dog
- Down Dog to plank waves
- Low Lunge hamstring glides

TEACHING RHYTHM

Demonstrate complex transitions before adding pace. Cue one action at a time, repeat both sides, and leave enough silence for practitioners to sense their own response.

MOVEMENT SEQUENCE**Warrior field | 16 min**

- Warrior I to Warrior II
- Side Angle and Reverse Warrior
- Chair to prayer twist; repeat both sides

Balance | 6 min

- Warrior III with blocks
- Standing Split option; return through lunge

TEACHING RHYTHM

Demonstrate complex transitions before adding pace. Cue one action at a time, repeat both sides, and leave enough silence for practitioners to sense their own response.

MOVEMENT SEQUENCE**Ground | 7 min**

- Bridge Pose
- Reclined figure four and twist

Rest | 5 min

- Savasana; release the work completely

TEACHING RHYTHM

Demonstrate complex transitions before adding pace. Cue one action at a time, repeat both sides, and leave enough silence for practitioners to sense their own response.

PEAK PATHWAY

Warrior III to standing split variations.

SAFETY AND ALTERNATIVES

Shorten stances whenever the pelvis or knees feel strained. Keep a micro-bend in the standing knee and use blocks under both hands for Warrior III.

POTENTIAL BENEFITS

Develops leg and hip strength, trunk stability, balance and calm decision-making under effort.

PROGRESSIVE-PRACTICE CHECKLIST

- Breath remains steady and available.
- Joints feel supported rather than compressed.
- You can leave the pose calmly at any time.
- An easier variation is treated as a complete practice.
- Pain, dizziness, numbness or visual disturbance means stop.

A SHORT HISTORY

The familiar standing Warrior poses are modern postural forms named for Virabhadra, a fierce figure in Shaiva mythology. Their value lies in disciplined presence, not aggression.

SPIRITUAL REFLECTION

True strength can remain responsive. Root through the feet while softening the face and breath.

CLOSING PRACTICE

Sit for three natural breaths. Notice what changed without judging it. Offer the benefit of practice beyond yourself through one patient, generous action.

TEACHER NOTE

Advanced shapes are specialised skills, not proof of spiritual attainment. Adapt for the person in front of you and refer to qualified medical or therapeutic support when appropriate.