

Chair Warrior 1, 2 and Reverse Warrior



June's Stretch of the Month

Healthy 
MONADNOCK
CHAMPIONS



Warrior One

Place your right leg in position over the side of the chair while you swing your left leg behind you.

Plant the sole of you left foot on the floor roughly parallel to the seat of the chair and straighten your left leg.

Keep your torso facing over your right leg as you raise your arms up to the ceiling on a inhale coming to warrior one.

Hold three breaths.

Warrior Two

On an exhale, open up your arms with your right arm coming forward and your left arm going back.

Draw your left hip back and turn your torso to the left, so that it is aligned with the front of the chair.

Gaze out over your right fingertips and hold warrior II for three breaths.

Reverse Warrior

Let your left arm come down the side of your left leg and lift your right arm up to the ceiling on an inhale for reverse warrior. Hold for three breaths.

Bring both legs to the front of the chair before coming to sit sideways on the chair facing left and going through the series of three warrior poses on the left side.

