



AKASHA
YOGA ACADEMY

VIRABHADRASANA II

The Ultimate Guide to Warrior II

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WELCOME
to the Akasha Family

Are you ready to master Warrior II ?

We are so excited to have you here. Virabhadrasana II or better known as Warrior II pose, is one of the classical poses of modern asana practice.

You are probably familiar with the Warrior II pose as this is practiced in most Yoga classes, but there is so much more to know about this seemingly simple pose.

In this detailed book, the experienced lead teachers of Akasha Yoga Academy will guide you step-by-step on how to properly do this pose to get the most out of your practice.

We will dive deep into the significance of the original Sanskrit name, proper alignment, correct posture, and anatomy.

If properly done, this pose enables you to develop courage, will power and self-confidence

Be prepared for an eye-opening experience.

Loving wishes,
Kirsten, Burkhard & Devdas

VIRABHADRASANA II

Warrior Pose II

Vira= Warrior, Hero, Chief

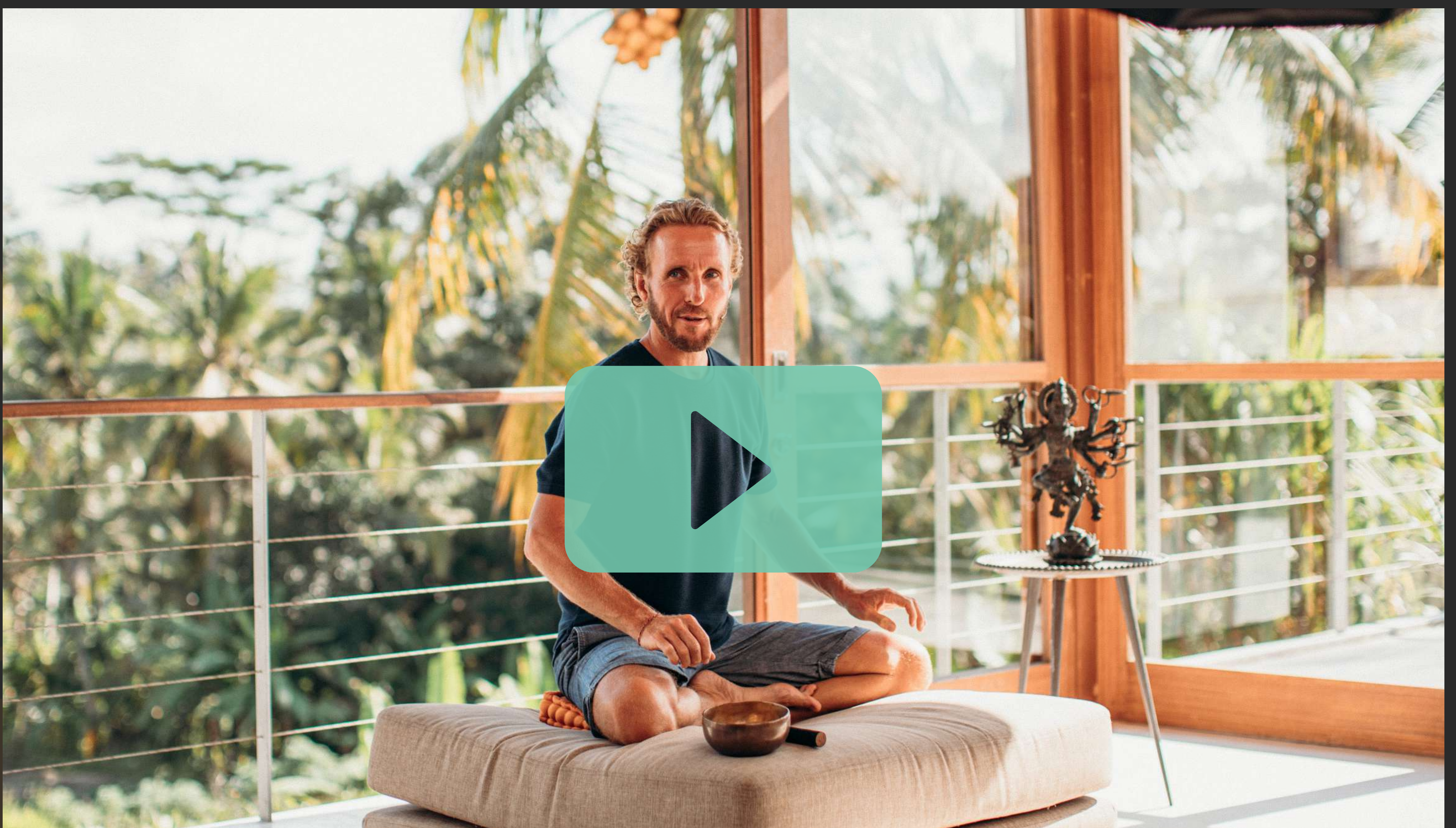
Bhadra= Gentle, Good

Virabhadra= The Peaceful Warrior





WATCH THIS VIDEO TO GET AN INTRODUCTION OF WARRIOR II



In this introduction video, Burkhard talks about the significance of the original Sanskrit name, the attitude, and psychological benefits of this pose.



The Ultimate Guide to Warrior II
FOUNDATION

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WATCH THIS VIDEO TO DEVELOP A FOUNDATION FOR WARRIOR II



In this Foundation video, Kirsten demonstrates a breath-based flow to develop a solid foundation for this powerful pose.

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VIRABHADRASANA II

Warrior Pose II



PERFORMANCE

- **Starting position:** Standing at the front of the Yoga mat, feet parallel, arms beside the body.
- **Entering:** Step back with the left leg approximately 1.7 meters, the arch of the back foot in line with the front heel. Draw the left hip back, until the pelvis is parallel with the long side of the Yoga mat.
- Lift the arms parallel to the ground with palms facing down.
- Open the left foot to a little less than 90°, thus maintaining a slight closing of the foot. Turn the head to the front and gaze at the right hand. Sink the buttocks down as low as possible, so that the right thigh is parallel to the ground.

Open the entire torso to the long side by placing the shoulders square above the hips. Lengthen through the arms and hands, while lowering the shoulders down away from the ears.

- **Releasing:** Step with the left foot back to the front of the Yoga mat.
- **Alternating:** Repeat on the opposite side, the right leg stepping back.

PSYCHOLOGICAL EFFECTS

- Gives a warrior-like attitude, strengthens determination, willpower and stamina.

ENERGETIC EFFECTS

- Activates Manipura Chakra.

PHYSIOLOGICAL EFFECTS

- Strengthens and stretches the legs and ankles.
- Stretches the groins, chest, lungs, shoulders.
- Stimulates abdominal organs.

HEALTH BENEFITS

- Relieves cramps in the calf and thigh muscles.
- Gives elasticity to the leg and back muscles.
- Relieves backaches, especially through the second trimester of pregnancy.
- Therapeutic for carpal tunnel syndrome.
- Strengthens flat feet.
- Improves osteoporosis.
- Relieves sciatica.

CONTRA INDICATIONS

- Knee joint conditions such as arthritis and rheumatic conditions.
- Diarrhea.
- High blood pressure.
- Neck problems: Don't turn your head to look over the front hand;
- continue to look straight ahead with both sides of the neck
- lengthened evenly.

THE ULTIMATE GUIDE TO WARRRIOR II
APPLICATION





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WATCH THIS VIDEO TO LEARN MORE ABOUT THE APPLICATION OF WARRIOR II



In this introduction video, Kirsten covers alignment cues and gives useful tips and tricks how to practice Warrior II in a correct and safe way.

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I) BASE OF POSTURE

Leg and feet alignment:

- Adjustment of feet (heel to arch, back foot 90°)
– Verbal correction with touch

- Adjustment of frontal knee
– Verbal correction with touch

Hip alignment:

- Adjustment of pelvis (sideways)
– With both hands on iliac crest

- Opening the hips – Photo 1

Shoulder alignment:

- Adjustment of shoulders (shoulders above hips, spine vertical)
– Photo 2 + Photo 3



1

Opening the hips.

2

Elevating spine & broadening shoulders.



3

Avoiding to lean forward.



II) PERIPHERY OF POSTURE

- Arm and hand alignment:
- Adjustment of hand and arm position – Photo 3
- Head alignment:
- Adjustment of head – Verbal correction supported by touch.

III) VERBAL KEYS

- “Keep equal weight in both feet.”
- “Press evenly into all parts of your feet.”
- “Turn your hips and torso away from your front leg.”
- “Drop your tailbone down, and pull your navel toward your spine.”
- “Lengthen your lower back.”
- “Reach out through your finger tips.”
- “Breath into your upper chest.”

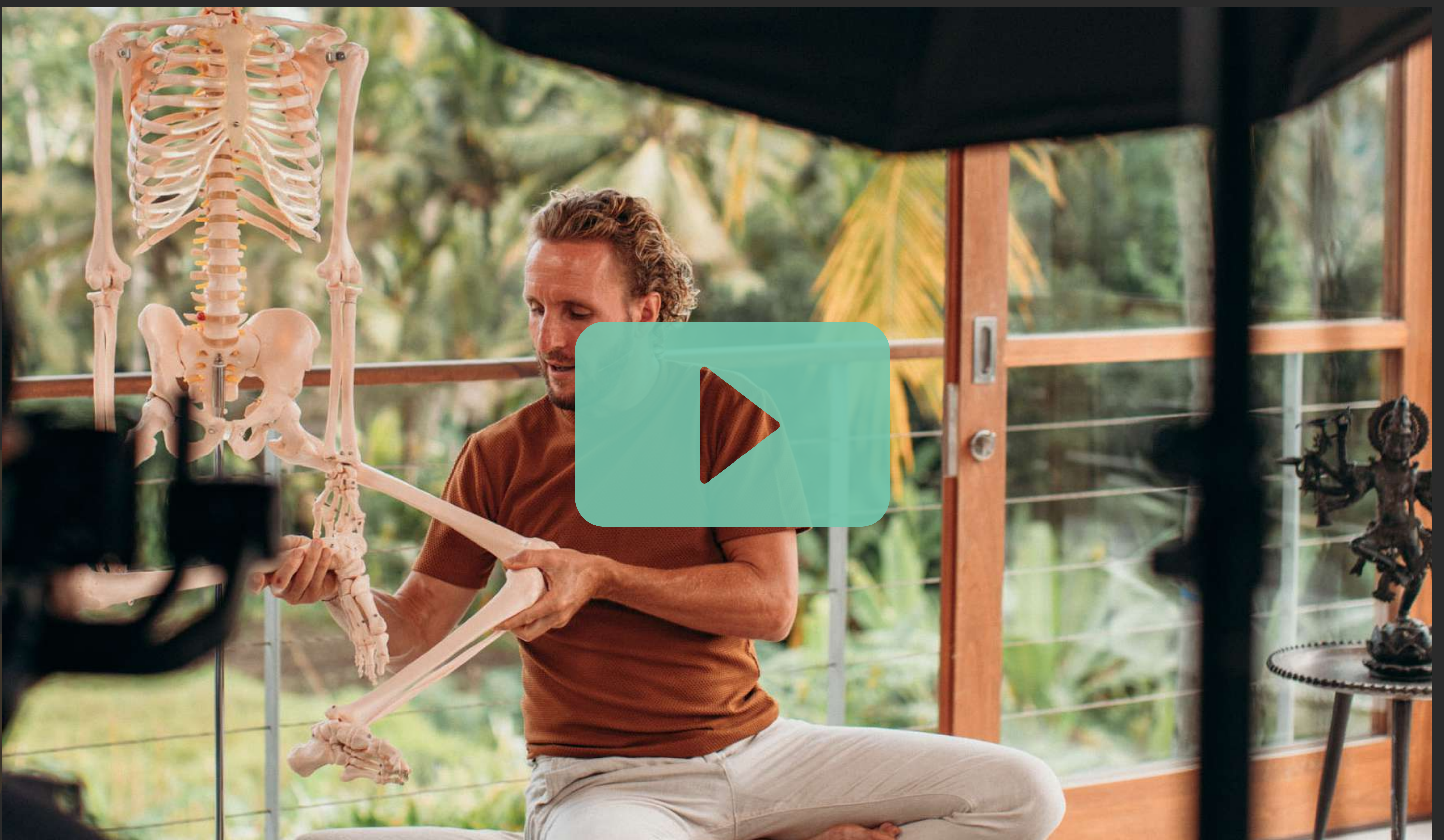
A man with a beard and curly hair, wearing a brown turtleneck and light-colored pants, is sitting on a mat on a balcony. He is holding a human femur bone in his hands. To his left is a full human skeleton model on a stand. The background shows a balcony railing and lush greenery. The scene is brightly lit, suggesting daytime.

THE ULTIMATE GUIDE TO WARRIOR II

ANATOMY



WATCH THIS VIDEO TO LEARN MORE ABOUT THE ANATOMY OF WARRIOR II



In this anatomy video, Burkhard clarifies the key actions, and which muscle groups are engaged and stretched in this posture.

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VIRABHADRASANA II



Key Actions:

- hip opening
- strengthening
- abduction of arms

Stretching:

- back leg calf
- adductors
- back psoas
- biceps



Contracting:

- tibialis anterior
- quadriceps
- erector spine
- trapezius & rhomboids
- deltoids & triceps



JOIN OUR FAMILY ONLINE 200-HR YOGA TTC





We hope you enjoyed exploring Warrior II pose with us. If you would like to dive deep into the heart of authentic Yoga, join us at Akasha Yoga Academy for a life-changing experience

Turn your passion into a meaningful profession with our 200- Hour Online Yoga Alliance Certified Training

 Discover your purpose

 Turn fear into courage

 Deepen your practice

 Teach with confidence

 Become an authentic yoga teacher

 Transform your life and many others along the way

Get in touch with us and learn more about our program

BOOK A CALL



CHAT WITH US



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WATCH THIS VIDEO TO LEARN MORE ABOUT US

200-Hour
Online
Yoga TTC



Get in touch with us and learn more about our program

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CHAT WITH US

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WE KNOW THIS IS A BIG STEP FOR YOU

So we do everything to make this the best investment of your life

-  5.0/5 Stars – Facebook Testimonials
-  4.8/5 Stars – Google Maps Reviews
-  4.8/5 Star – Yoga Alliance Verified Reviews
-  5.0/5 Star – BookRetreats Verified Reviews
-  4.5/5 Star – BookYogaRetreats Review Score

Over the past decade, we empowered more than 600 awesome Yoga Instructors—who are now successfully teaching on all 6 continents.

What our 600+ graduates say about us



"I am so grateful for this amazing experience. I am honestly speechless and have no words to express the gratitude I have in my heart. This TTC was exactly the next step for my spiritual journey and I can feel a newfound momentum. My life will never be the same, and this is a beautiful thing. Thank you for helping me grow and dive deeper."

ASHLEY FROM THE USA

"For me the course was not only inspiring, but transformative! I first got into yoga for the asana practice, but I soon realized that there was more to it. I have found so much meaning in the teachings of yoga and I am ready to apply them to my life. Moving forward, I know that I can trust in myself and in the universe. For the first time in my life, I feel connected."

ARIANNE FROM CANADA



[More Testimonials](#)

WHY CHOOSE AKASHA?

WHAT MAKES US SPECIAL

TRAIN WITH MASTERS

Akasha Yoga is the real deal. Senior, devoted teachers with decades of experience guide you every step of the way. Dive deep into fundamental Yoga scriptures. Learn breath-based asana, pranayama, meditation, and anatomy. Grow a spiritual foundation for authentic practice. Develop and practice key teaching techniques for safe, expert guidance and alignment.



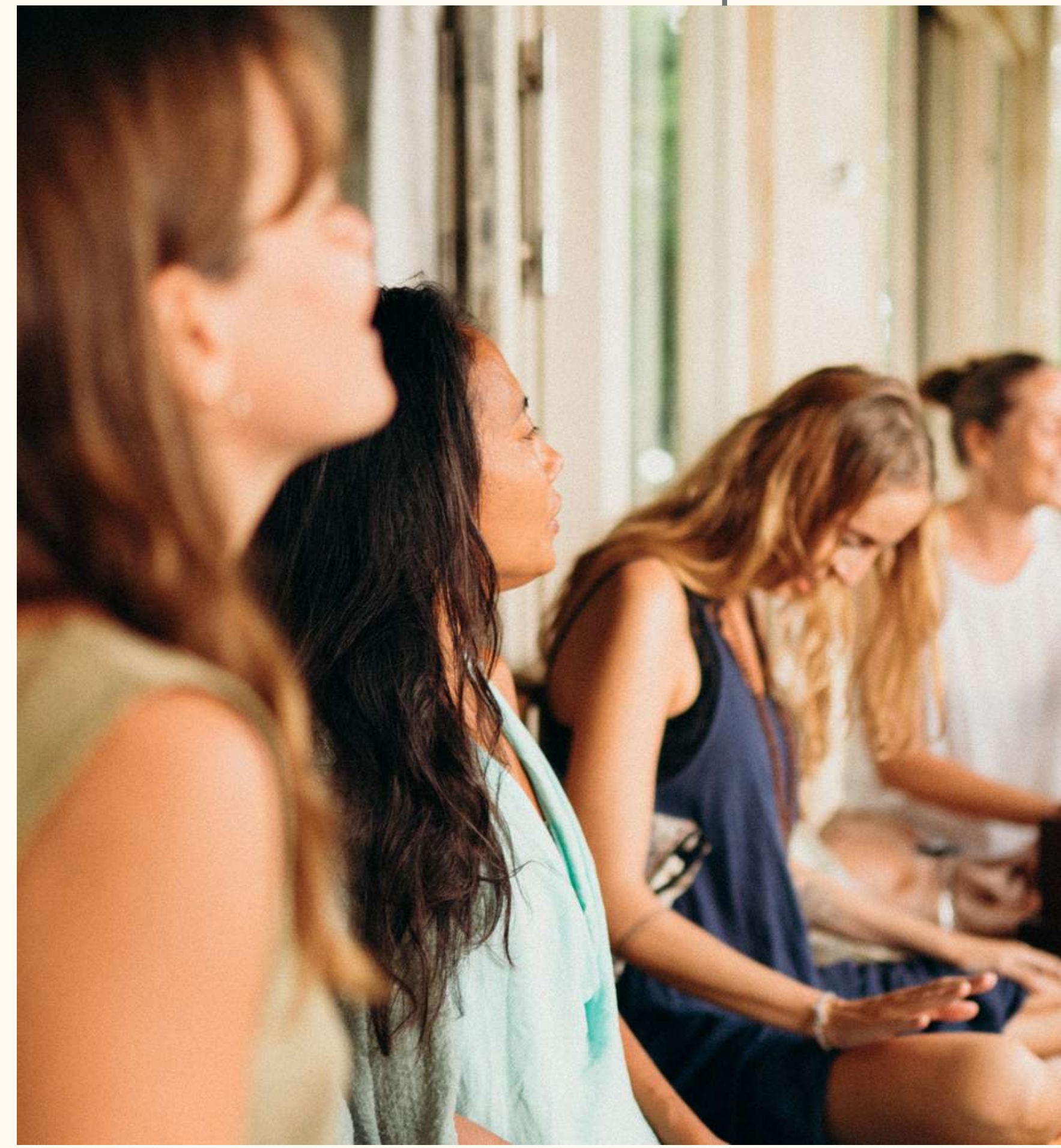
LEARN AT YOUR OWN PACE

Study at a rhythm that's right for YOU. Unlike other Yoga schools, our 200 hour certified online Yoga Teacher Training course is designed to give you total freedom to study and practice at a pace that suits your life, while receiving live support and feedback. Immerse yourself in intensive 1-month training or spread it out over 3 or 6 months. You will develop a flow that puts you in charge of your Yoga journey.



JOIN OUR COMMUNITY

Learning doesn't happen in isolation. When we connect with like-minded people we grow our understanding and deepen our compassion. Daily Zoom calls allow you to practice in a fun and interactive group setting, ask questions, listen to others' insights, and foster life-long connections. You will have lifetime access to instructional resources and an international community of Yoga practitioners.



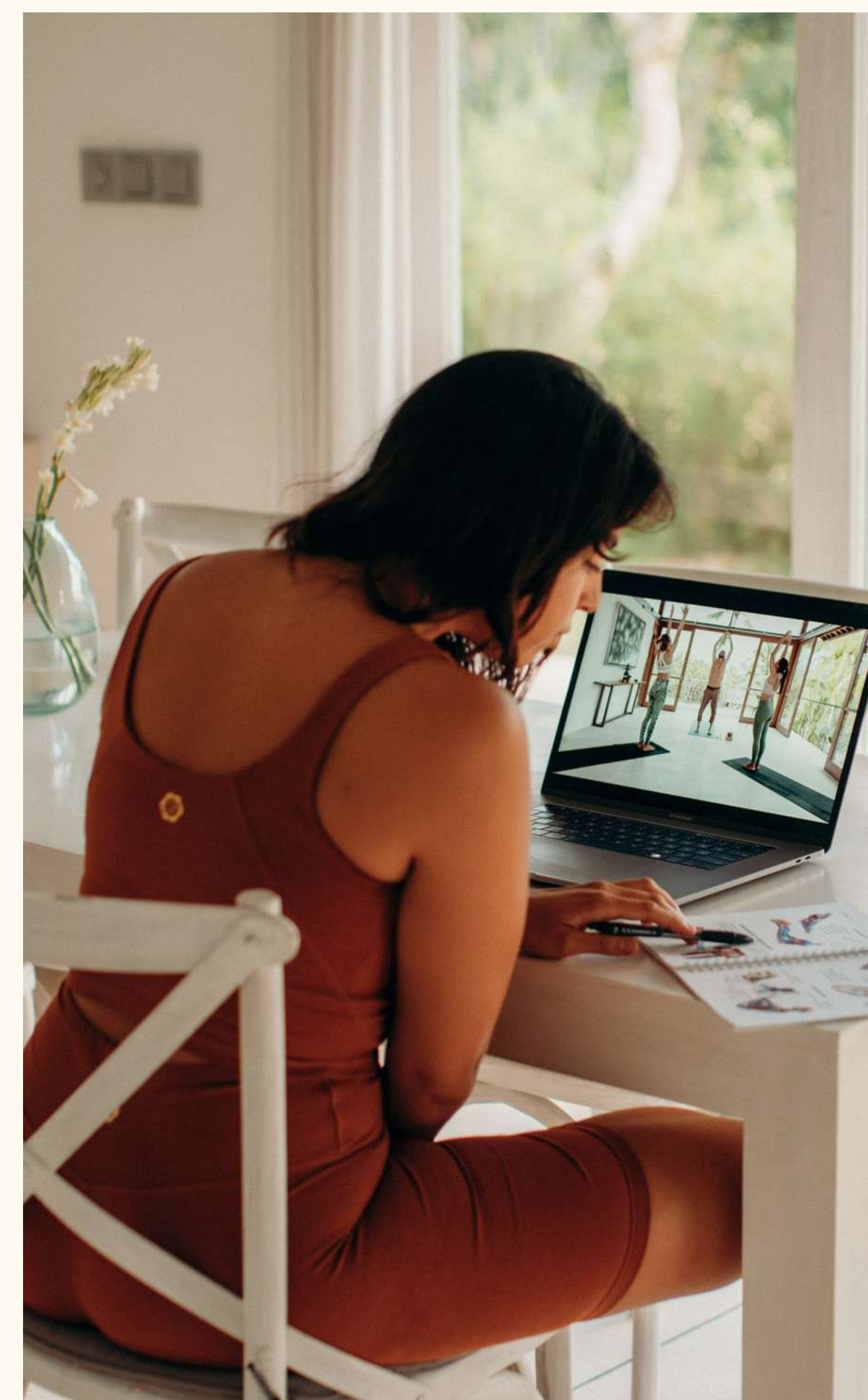
TRANSFORM YOUR LIFE

This immersive yoga training course teaches you how to surrender to the moment and live with greater awareness and intention. Heart-opening techniques, meditation, and breath-based asana guide you through a deep and transformative inner journey that will enhance your relationships and change the way you see the world.



LIVE SUPPORT AT EVERY STEP

This is a fully supported interactive Online Yoga Teacher Training with plenty of opportunities for direct communication with your teachers, mentors & fellow students. Our caring & experienced team is fully available to guide you in real-time at every step, helping you with whatever arises. Get inspired in our daily live sessions where all questions & concerns are personally addressed by senior teachers. You will leave with new heartfelt friendships – and the confidence, skills & certification to teach Yoga anywhere in the world.



MEET YOUR TEACHERS



Our life-changing courses transmit theory & practice of classical Yoga & meditation, delivered by knowledgeable & passionate senior teachers in a safe & nurturing learning environment.

BURKHARD

INSPIRATION

“Philosophy means Love of Wisdom. I am captivated by the great wisdom traditions – especially the Yogic philosophies of India. It is my passion to share the practical relevance of these ancient ideas in modern life. My aspiration is the integration of science & spirituality, and a unified understanding of Eastern & Western philosophies.

EDUCATION

I graduated with a Master’s degree in Critical Psychology from the Free University of Berlin, where I studied Education & Ken Wilber’s Integral Theory. In parallel to my academic interests, I began in 2001 to explore the practical side of spirituality by traveling to the roots of Yoga in India.

Since 2007 I am living year-round in Asia, where I dedicated more than 5000 hours to the study of yogic practices:

The journey began with a truly thorough exploration of classical Hatha & Kundalini Yoga. My practice of mindful meditation started in the Buddhist Vipassana style, learning from Ajaan Tong Sirimangalo and other masters in Thailand.

With my meditation teachers Sahajananda & Mooji, I discovered the Oneness teachings of Advaita Vedanta. Hareesh Christopher Wallis allowed me to deepen my understanding of non-dual Kashmiri Shaivism.

I understood how to unify these profound wisdom traditions in a simple breath-based asana practice, following the lineage of Krishnamacharya.

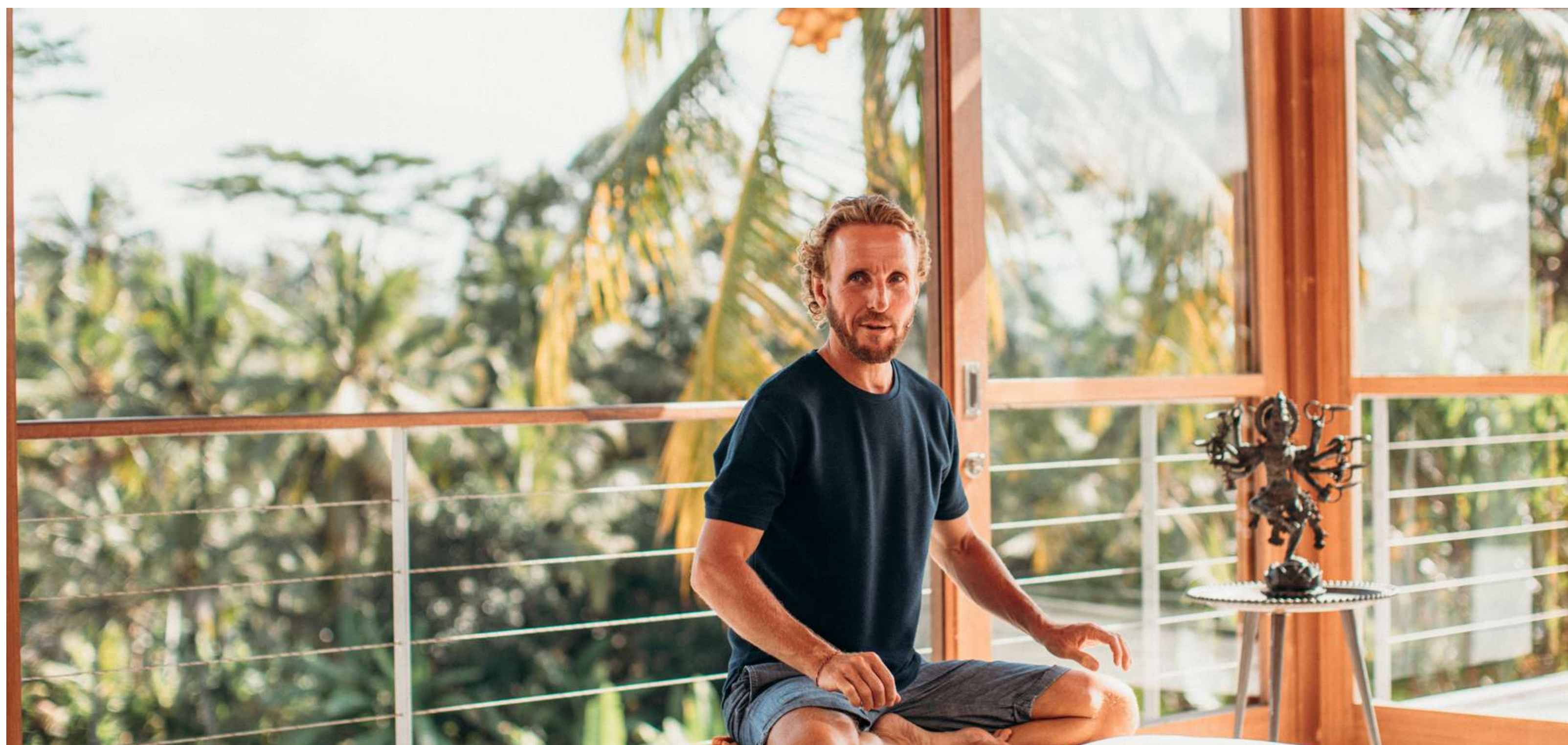
Over the years, I joined more than two dozen 10-day silent meditation retreats, concluded a 49-day solitary meditation retreat in the jungle of Thailand, and immersed my Self in various darkroom Kayakalpa retreats.”

CERTIFICATION

Burkhard is a Yoga Alliance certified and Experienced Registered Yoga Teacher at the highest level (IYF & E-RYT-500). In addition to thousands of hours of retreats & workshops, he completed a 500-Hour Hatha Yoga Teacher Training, a 500-Hour Hridaya Yoga & Meditation Teacher Training, a 100-Hour Yin Yoga Teacher Training, and a 200-Hour Breath-Based Yoga Teacher Training.

Since 2008, Burkhard has been sharing his vast experience in a variety of contexts, including Yoga Teacher Trainings, meditation retreats, workshops & life-coaching sessions. He has been teaching in various locations across Asia, Europe & America. Together with his dear friend Kirsten, he founded in 2011 the Akasha Yoga Academy.

TESTI MONI ALS



“The depth of his practice is brilliant. He really holds the space well, and opens from the heart consistently.” – Zoran from Canada

“Burkhard is extremely intelligent, kind, giving. Sometimes firm, but always spot on in his comments and psychological understanding of a person.”
– Anastasia from Germany

“I loved the passion & generosity of Burkhard. He shares his deep knowledge on many topics with unconditional love.” – Rafaella from Italy

KIRSTEN

INSPIRATION

“In my experience, breath-based movement is an effective & joyful way to re-center and to touch base with the Heart of the moment. Practicing Hatha Yoga and sharing the practice are both essential parts of my everyday life. In the vast field of Yoga, my interest & passion belong to classical breath-based, slow flow Hatha Yoga, and long-held deep Yin Yoga poses.

EDUCATION

I love when movement practices lead into silent contemplation and stillness. This is the way I practice, and this is what I teach. I started my own Yoga journey during university times as I studied architecture & art history. Yoga first caught my attention on a trip through South India in my early twenties. My introduction to Yoga included a classical static style of Hatha Yoga integrated into a holistic way of living, including breathing practices, diet, cleansing routines, mantra chanting, etc. My interest in Yoga & meditation, and the call to dedicate more of my time & energy to self-discovery, led me to journey through India & South East Asia for more than a decade. And that adventure continues even today!

In 2007, Yoga moved from being a cherished side aspect of my life to being its center. Since then, many years have been dedicated to classical Hatha & Yin Yoga practice & studies, to meditation, contemplation & retreats, and to the investigation into the Essence of Life.

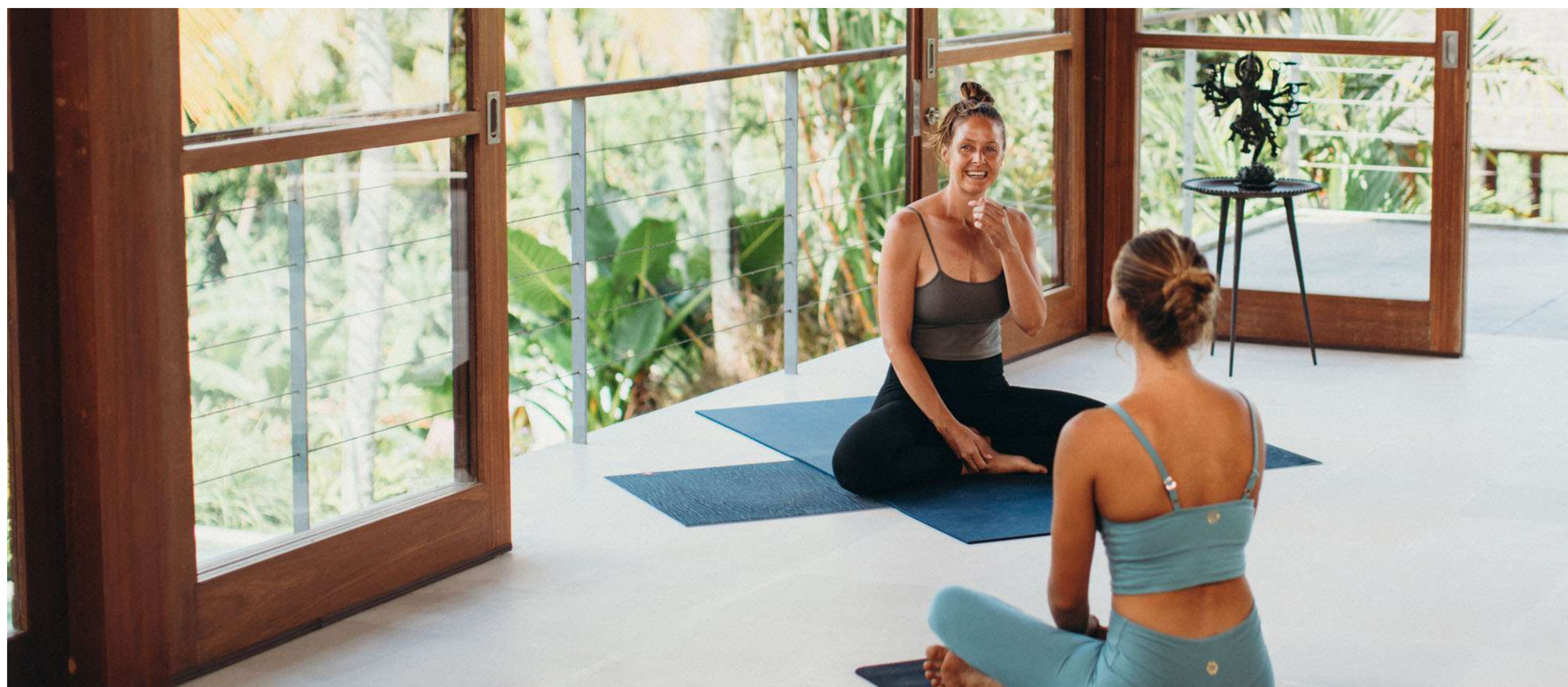
My Hatha Yoga & meditation practice is inspired by Krishnamacharya's Vinyasa Krama, and I am moved by the pointing of Mooji, which profoundly pulls the Yoga teachings off the mat into a moment by moment inquiry.”

CERTIFICATION

Kirsten teaches classical Hatha Yoga & pranayama, Yin Yoga & meditation. She is certified by the Yoga Alliance as an Experienced Registered Yoga Teacher at the highest level (E-RYT-500).

Since 2008, she has been presenting drop-in asana classes, workshops & meditation retreats, as well as a variety of 200-Hour & 500-Hour Yoga Teacher Trainings. On her way, she supported her teachers to setup & run Yoga centers in Mexico & Thailand, before she co-founded the Akasha Yoga Academy with her dear friend Burkhard in 2011.

TESTI MONI ALS



“Kirsten is very much to the point, captivating, precise & enthusiastic.”
– Nadine from Germany

“Kirsten comes directly from the heart, which is soothing, patient & understanding.” – Zoran from Canada

“Kirsten is super clear & precise. She has a beautiful presence. She is motherly, but not patronizing, kind & compassionate.” – Anastasia from Germany



DEVIDAS

INSPIRATION

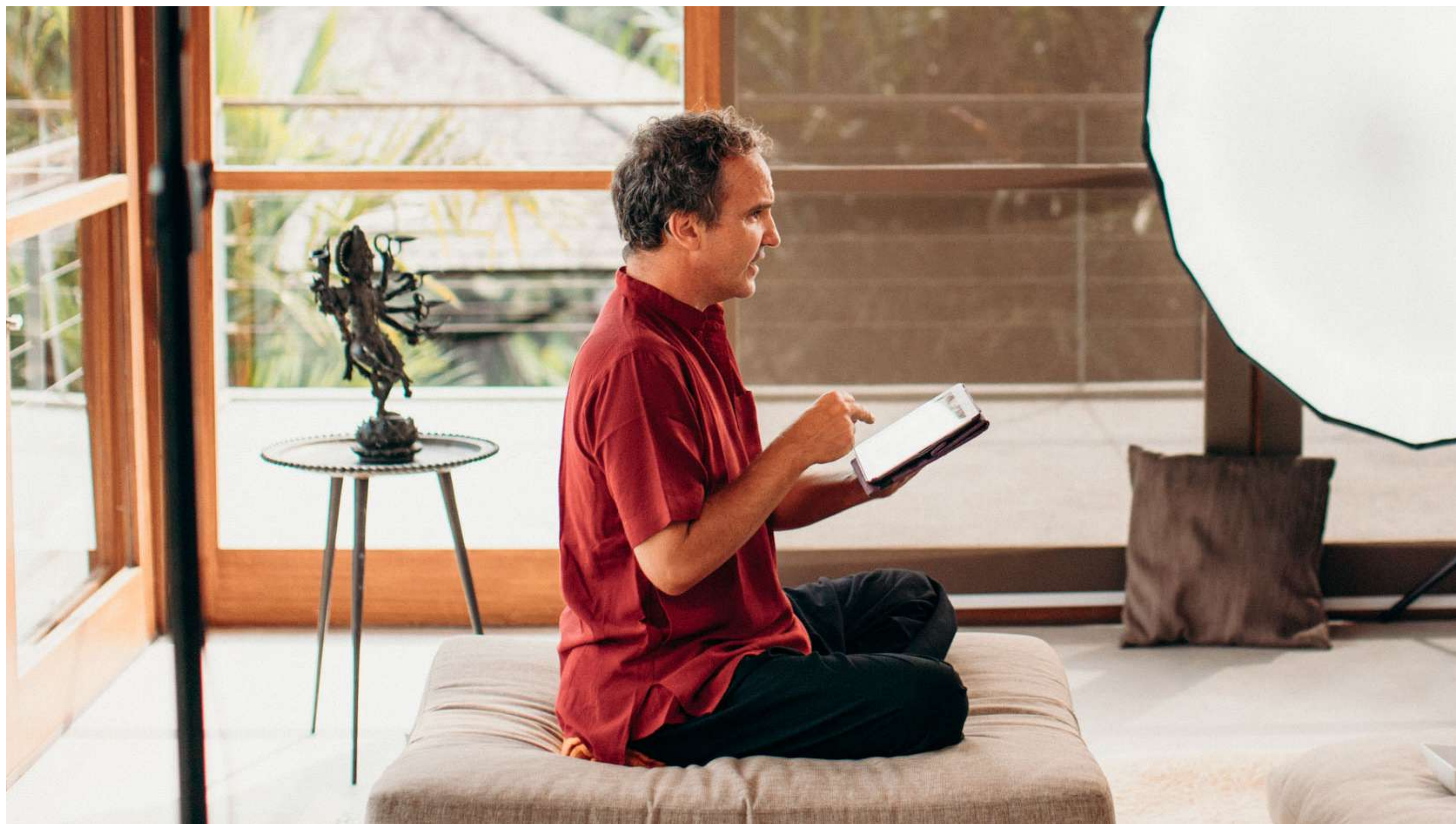
“By Grace, I discovered Hatha Yoga when I was just 16 years old, and it was love at first sight. By the time I was 18, I had discovered meditation & pranayama, and the love was growing deeper & more profound. Later, I moved to India, and spent twelve years of my life teaching meditation, kirtan & pranayama in the sacred land which gave birth to Yoga. For this privilege, there are no words that can describe my gratitude.

On my way, I have been deeply blessed by many powerful teachers, probably the most profound connections have been with Swami Jnanananda and Sri Mooji. Yoga has given me more than I could have ever imagined. It is my great joy and honor to share all that has been given and learned in my life-long love affair with the art & science of Yoga.”

CERTIFICATION

Devdas is a Registered Yoga Teacher (RYT-500), who is trained to teach meditation, pranayama & Hatha Yoga. Before joining the Akasha Yoga Academy team, he taught Yoga for twelve years in several major cities of India. He helped set up & run several Yoga & meditation centers, and has been sharing the joy of selfless service Seva & Kirtan chanting all around the globe... in America, Italy, Portugal, India, Bali, Thailand, Mexico, and beyond!

TESTI MONI ALS

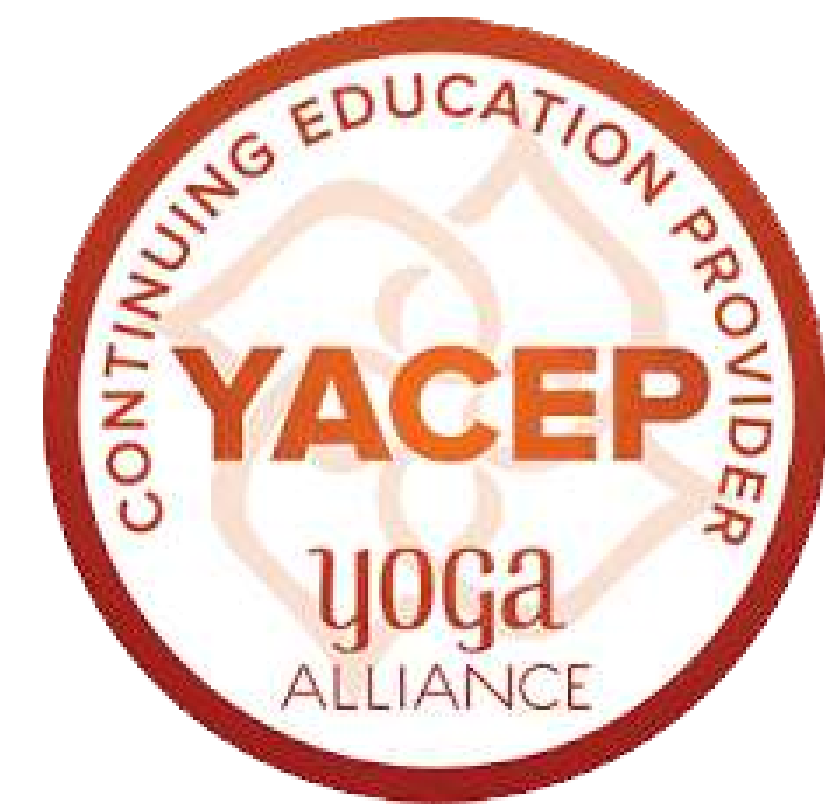
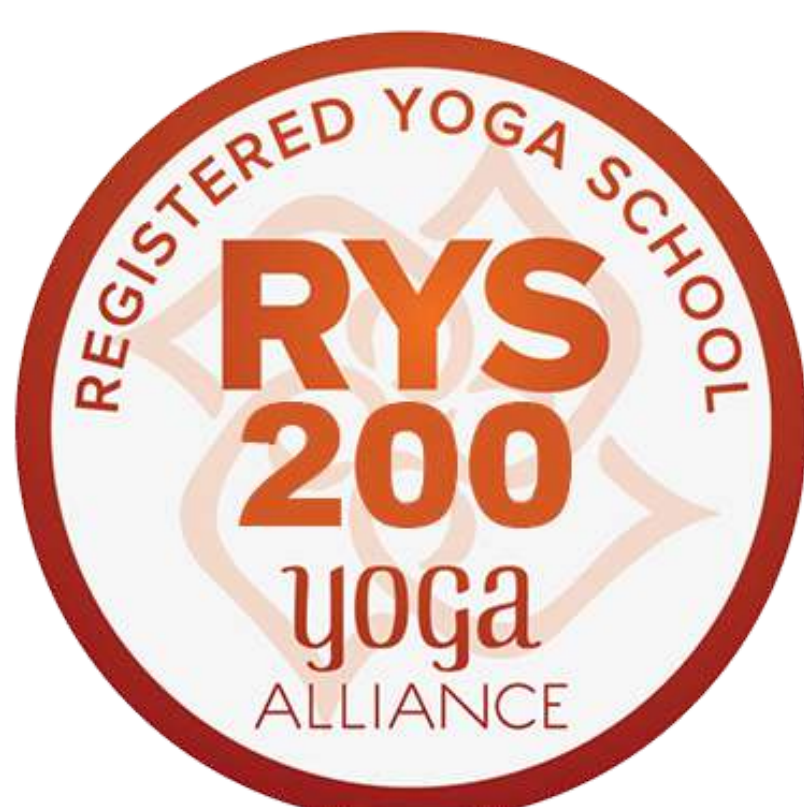


“The way Devdas holds space and lectures is amazing. I feel blessed to have had the opportunity to learn from him.”
– Rebecca from the US

“Devdas reminded me to be kind to myself. It was such a beautiful experience just to be in his company.”
– Camille from the UK

OFFICIALLY REGISTERED

The Akasha Yoga Academy is a Registered Yoga School (Registry-ID: 87485) since 2012, and our lead teachers are Experienced Registered Yoga Teachers at the highest level (E-RYT-500 - Registry-IDs: 86166 & 155442).





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WATCH THIS VIRTUAL TOUR

Most of your questions are answered in our in-depth introduction video. Discover our clearly structured curriculum and get inspired by the breath-taking quality of our life-changing course by watching this clip:



Get in touch with us and learn more about our program

BOOK A CALL



CHAT WITH US

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AKASHA
YOGA ACADEMY

WHAT IS INCLUDED ?



- ✓ Rich & interactive curriculum that meets & exceeds official requirements
- ✓ Professional teachings based on decades of committed research, study & practice
- ✓ 200+ state-of-the-art video lessons filmed in our exclusive "BALIWOOD" studios and compatible with any device
- ✓ Guided practice and theory, basic asanas and sequencing, breathwork, meditation, philosophy, anatomy, teaching methodology, and self-practice

- ✓ Guided practice and theory, basic asanas and sequencing, breathwork, meditation, philosophy, anatomy, teaching methodology, and self-practice
- ✓ Connect with a worldwide community of beginning and experienced Yoga practitioners and teachers
- ✓ Lifetime access to all videos and training materials

- ✓ Mentoring for professional development, marketing, and networking
- ✓ Weekly Bhajans chanting with our teachers
- ✓ Akasha Yoga comprehensive training 700+ page manuals

MANUALS

ASANAS

CLASSES



WELCOME

Turn your passion into a meaningful profession with our Yoga Alliance certified courses. Learn & experience a deeper level of Yoga in both philosophy & practice.



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Journey with us into the Depths of Yoga

LOOK INSIDE

The image features a central composition of digital and physical elements. At the top, a tablet displays the website's navigation menu with a golden lotus logo and links for 'WELCOME', 'MANUALS', 'ASANAS', and 'CLASSES'. Below the tablet, a smartphone shows a detailed view of the 'WELCOME' page, including a photo of a man in a meditative pose and a paragraph of text. To the right, a large photo shows three women in a yoga studio performing a standing pose with arms raised. Below this, a row of four smaller photos depicts different yoga activities: a man reading, two women in a standing pose, and a woman in a downward dog pose.

WELCOME

MANUALS ASANAS CLASSES

MANUALS ASANAS CLASSES

WELCOME

...sion into a meaningful profession
...oga Alliance certified courses.
...encea deeper level of Yoga in both
...hilosophy & practice.

Akasha Yoga guides you step-by-step through a 200 Hour Certified Hatha Yoga Teacher Training course that combines practice, philosophy, and self-awareness with whole-hearted support from experienced Yoga teachers.

OUR COURSE

Deepen your practice. Discover your purpose. Teach with confidence.

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PRACTICE &
THEORY

PART 1

Asanas & alignment training, cleansing breathwork, heart meditation, practical philosophy, art of living, chakras

YOGA
PHYSIOLOGY

PART 3

Scripture Study: Bhagavad Gita, Yoga Sutras, purification, Yogic diet, sequencing, teaching of own 60-minute Yoga class

PRACTICUM &
HOW TO GET
STARTED

PART 4

History of Yoga, self-practice, own teaching of a 90-minute Yoga class, marketing & networking

ANATOMY &
POSTURE

PART 2

Advanced asanas & pranayama, bandha, applied Yoga anatomy, teaching skills, adjustment training & posture study



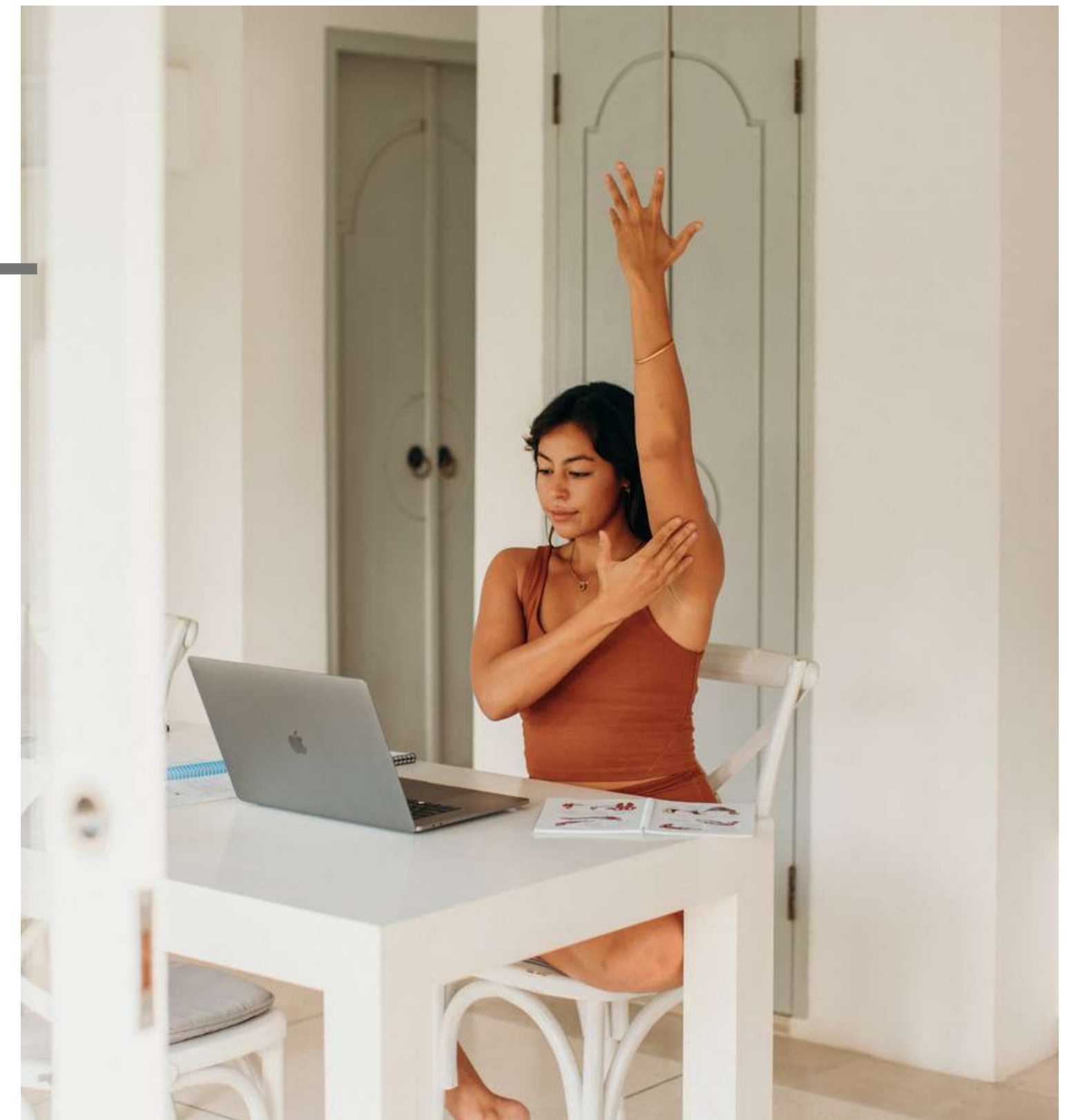


PRACTICE

- 60 Hours of Asana
- 20 Hours of Pranayama
- 15 Hours of Meditation

THEORY

- 40 Hours of Yoga Anatomy & Posture Study
- 50 Hours of Lectures on Applied Philosophy & History
- Teaching Techniques & Instructor Skills



TEACHER EDUCATION

Personally Supervised Practicum

Assignments with:

- Guided Prep
- Video Recording & One-on-One Feedback
- Marketing, Networking & How to Get Started

PERSONAL GUIDANCE & FUN

- Various Interactive Elements such as Daily Live Q&As
- Community Forums, Private Facebook Group & Chats
- Bhajan Chanting & so much more



AKASHA
YOGA ACADEMY

INVESTING IN YOURSELF

We aspire to provide the best possible quality for very reasonable prices. The usual rate for our 200-Hour online training is **US\$1700** plus **US\$459** on bonus courses for a total value of **US\$2159**.

However, due to the ongoing nature of the global pandemic we have decided to slash our prices by **50%** to assist in these challenging times, bringing the total tuition to a very affordable

US\$ 850 only!

To reserve your space, you may choose between PayPal and a credit card via our **BOOK NOW / SIGN UP NOW** links in our website to our secure payment site (Transaction fees may apply).

ENROLL NOW

ENROLL NOW: WWW.AKASHAYOGAACADEMY.COM





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YOGA ACADEMY

PAYMENT PLAN

To make the course accessible to more people, we are offering 3 month payment plans. You will be able to immediately access the course and have your payment divided into 3 parts.

Start your journey into the heart of Yoga!



3 months plan

\$300/mo
FOR 3 MONTHS

ENROLL NOW



Pay in Full

\$850
1 TIME PAYMENT

ENROLL NOW