

Yoga Class Map

Power Yoga Sequence:

Opening: Centering and Warm-Up

Begin in a comfortable seated position (Sukhasana or Padmasana).

Close your eyes and take several deep breaths, focusing on the inhale and exhale.

Set an intention for your practice, such as strength, focus, or gratitude.

Warm up the body with a few rounds of Cat-Cow stretches, Sun Salutations (Surya Namaskar), and dynamic stretches for the shoulders, hips, and spine.

Sun Salutation A (Surya Namaskar A):

Tadasana (Mountain Pose)

Urdhva Hastasana (Upward Salute)

Uttanasana (Standing Forward Bend)

Ardha Uttanasana (Half Standing Forward Bend)

Phalakasana (Plank Pose)

Chaturanga Dandasana (Four-Limbed Staff Pose)

Urdhva Mukha Svanasana (Upward-Facing Dog)

Adho Mukha Svanasana (Downward-Facing Dog)

Sun Salutation B (Surya Namaskar B):

Tadasana (Mountain Pose)

Utkatasana (Chair Pose)

Uttanasana (Standing Forward Bend)

Ardha Uttanasana (Half Standing Forward Bend)

Phalakasana (Plank Pose)

Chaturanga Dandasana (Four-Limbed Staff Pose)

Urdhva Mukha Svanasana (Upward-Facing Dog)

Adho Mukha Svanasana (Downward-Facing Dog)

Virabhadrasana I (Warrior I)

Chaturanga Dandasana (Four-Limbed Staff Pose)

Urdhva Mukha Svanasana (Upward-Facing Dog)

Adho Mukha Svanasana (Downward-Facing Dog)

Power Flow:

Warrior Flow: Flow through Warrior I, Warrior II, and Warrior III on each side, moving with the breath.

Plank to Side Plank Flow: From Plank Pose, transition into Side Plank (Vasisthasana) on each side, lifting one arm towards the ceiling.

Core Strength: Practice core-strengthening poses such as Boat Pose (Navasana), Plank Pose variations, and Forearm Plank.

Standing Balances: Incorporate balancing poses like Tree Pose (Vrksasana), Eagle Pose (Garudasana), and Dancer's Pose (Natarajasana).

Hip Openers: Include hip-opening poses such as Warrior II, Extended Side Angle Pose (Utthita Parsvakonasana), and Pigeon Pose (Eka Pada Rajakapotasana).

Backbends: Practice backbending poses like Cobra Pose (Bhujangasana), Upward-Facing Dog (Urdhva Mukha Svanasana), and Bridge Pose (Setu Bandhasana).

Forward Folds: Include forward folding poses such as Standing Forward Bend (Uttanasana), Seated Forward Bend (Paschimottanasana), and Wide-Legged Forward Fold (Prasarita Padottanasana).

Cool Down and Stretching:

Seated or Reclined Twist: Twist from the base of the spine, moving gently from side to side to release tension in the back and spine.

Seated or Supine Hip Opener: Practice hip-opening poses such as Butterfly Pose (Baddha Konasana) or Supine Figure Four Pose (Supta Eka Pada Kapotasana).

Forward Fold: Fold forward from a seated or standing position to stretch the hamstrings and release tension in the lower back.

Savasana (Corpse Pose): Finish your practice with a few minutes of relaxation in Savasana, allowing your body to fully absorb the benefits of your practice.