Basic Power Yoga Series

4-min Integration

Ex childs

In table top

Ex downward facing dog

ragdoll up equal standing pose Set intention

Basic Power Yoga Series

SunA

In mountain

Ex forward fold

In halfway lift

Ex low plank

Ex downward facing dog

In upward facing dog

Basic Power Yoga Series

SunB

Ex forward fold

In halfway lift

Ex FwdFold

In chair

Ex FwdFold

In halfway lift

Ex low plank

In upward facing dog

Ex downward facing dog

In 3 leg dog

Ex low lunge

In W2

Ex extended side angle

In reverse war

Ex low plank

In up dog

Ex down dog

Basic Power Yoga Series

Core

reclined bound angle sit ups - yogi bicycles

Bicycle Sit ups - yogi bicycles

boat

Crescent

Ex down dog
In 3 leg dog
Ex low lunge
In crescent lunge
Ex revolved crescent
Ex runners lunge
Ex plank
In side plank (Right)
Ex low plank
In up dog
Ex down dog
Ex FwdFold
In half lift
Ex FwdFold
In chair
Ex chair twist (Right)
Ex gorilla
In chair
Ex chair twist (Left)
Ex FwdFold
Crow Pose Demo - crow

Balancing

In chair
Ex eagle (Right)
In MTN
Ex dancer (Right)
Ex equal standing pose
In tree (Right)
In MTN
Ex FwdFold
In half lift
Ex low plank
In up dog
Ex down dog

Triangle

In 3 leg dog
Ex low lunge
In W1
Ex W2
Ex triangle
In star
Ex wide leg forward fold
In star
Ex W2
Ex low plank
In up dog
Ex down dog

Hips

Ex half pigeon

Spine

In camel

In floor bow

Ex camel

In bridge

Ex reclined bound angle

Surrender

Ex seated forward fold

Ex happy baby

Ex supine twist (Right)

Ex supine twist (Left)

Ex resting