

# Power Yoga Phase II

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|----------------------------------------------------------------------|-----------------------------------------|---------------|
|                                                                      | Warm-Up: 3 Sun Salutations              | Week 5 Notes: |
| <b>Main Workout<br/>Complete Two Times</b>                           | Squat/Prayer to Overhead Reach (8x)     |               |
|                                                                      | Cat Pose (4x)                           |               |
|                                                                      | Sunbird Pose (4x each leg)              |               |
|                                                                      | Child Pose                              |               |
|                                                                      | Extended Arm Pike & Lower to Upward Dog |               |
|                                                                      | Chair to Standing Back Bend (8x)        |               |
|                                                                      | Standing Forward Bend                   | Week 6 Notes: |
|                                                                      | Extended Arm Pike & Lower to Upward Dog |               |
|                                                                      | Downward Facing Dog Pose                |               |
|                                                                      | Runners Pose (Right Leg Forward)        |               |
|                                                                      | Crescent Pose                           |               |
|                                                                      | Warrior Pose II                         | Week 7 Notes: |
|                                                                      | Reverse Warrior                         |               |
|                                                                      | Triangle Pose                           |               |
|                                                                      | Extended Arm Pike & Lower to Upward Dog |               |
|                                                                      | Downward Facing Dog Pose                |               |
|                                                                      | Runners Pose (Left Leg Forward)         | Week 8 Notes: |
|                                                                      | Crescent Pose                           |               |
|                                                                      | Warrior Pose II                         |               |
|                                                                      | Reverse Warrior                         |               |
| Triangle Pose                                                        |                                         |               |
| Downward Dog, Right Knee to Elbow (8x)                               | Week 8 Notes:                           |               |
| Downward Dog, Left Knee to Elbow (8x)                                |                                         |               |
| Spinal Balance with Crunch (4x each side)                            |                                         |               |
| Seated Spinal Twist to Left                                          |                                         |               |
| Seated Spinal Twist to Right                                         |                                         |               |
| After first sequence, return to Squat/Prayer & repeat one more time. | Week 8 Notes:                           |               |
| Seated Forward Bend                                                  |                                         |               |
| Child Pose                                                           |                                         |               |
| Hero Pose                                                            |                                         |               |
| <b>Cool-Down</b>                                                     | Relaxation Pose                         |               |