

Power Yoga Phase III

Main Workout Complete Two Times	Warm-Up: 3 Sun Salutations	Week 9 Notes:
	Triangle Pose Left Foot Forward	
	Dynamic Triangle Pose Left Foot Forw. (10x)	
	Squat/Prayer to Overhead Reach (10x)	
	Triangle Pose Right Foot Forward	
	Dynamic Triangle Pose Right Foot Forw. (10x)	
	Mountain Pose w/ Overhead Reach	Week 10 Notes:
	Left Runner's Lunge	
	Dynamic Left Runner's Lunge (10x)	
	Right Runner's Lunge	
	Dynamic Right Runner's Lunge	Week 11 Notes:
	Extended Arm Static Pike to Upward Dog	
	Downward Facing Dog Pose	
	Static Pike	
	Dynamic Pike (10x)	
	Static Pike	
	Cat Pose (4x)	
	Downward Facing Dog Pose	
Squat/Prayer to Overhead Reach (10x)	Week 12 Notes:	
Chair Pose		
Twisting Chair Pose (Left)		
Twisting Chair Pose (Right)		
After first sequence, return to Triangle Pose & repeat one more time.		
Cool-Down	Sun Salutation (3x)	
	Hero Pose	
	Relaxation Pose	