






-  Begin series
-  End series
-  Repeat series
-  Repeat Series on other leg/side
-  Repeat pose on opposite leg.side

Power Yoga #2 - 20 min. - Level 4-5





Utkatasana



Twist



standing  
back bend



Forward Fold



Lift Sternum



High Plank



Knees Chest Chin

or



Chaturanga



Cobra

or



Up Dog



Chaturanga Push Up option



Down Dog



Deep Squat



Nobility Arms



High Plank



Knees Chest Chin

or



Chaturanga



Cobra

or



Up Dog



Chaturanga Push Up option



Down Dog



Leg Lifts



Warrior 2



Reverse Warrior

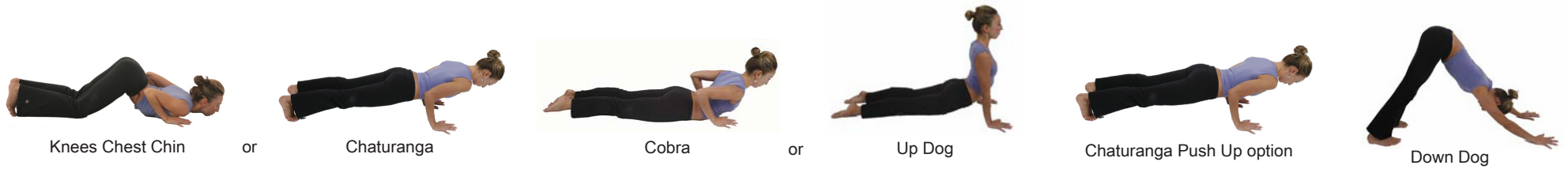


Triangle



High Plank







Cobra

or



Up Dog



Chaturanga Push Up option



Down Dog



Leg Lifts



Pigeon Variation



High Plank



Knees Chest Chin

or



Chaturanga



Cobra

or



Up Dog



Chaturanga Push Up option



Down Dog



Jump to Seated



Knees into Chest



Savasana