

# Rising Sun Yoga



## Introduction to Power Yoga By Barb Pierce

Power yoga is a general term used to describe a vigorous, fitness-based approach to yoga. Most power yoga is modeled on the Ashtanga style of practice, but unlike Ashtanga, power yoga does not follow a set series of poses. This means that any power yoga class can vary widely from the next. What they have in common is



2. 3 ohms
3. 50 kapalbhati breaths
4. Warm up your body in a gentle way that is comfortable and familiar to you.
5. Move into the power sequence (the following poses can be completed during the sun salutations in between the lunge and the pushup). \*\*\*\*\* Check out the December newsletter for an illustrated guide to sun salutations. \*\*\*\*\* If you are not familiar with power yoga, please come to a class as I have provided minimal guidance to the poses.

### Warrior 2



Hips and shoulders are facing perpendicular to body (i.e. facing to the side), arms are parallel to floor, front quadricip is parallel to ground, knee is over ankle, legs are externally rotated.



**Safest option** - Knee is back from the ankle to protect knee, (the lunge is higher).

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## Warrior 1



Hips and shoulders are facing to the front of the mat, arms are towards the sky, front quadricep is parallel to the ground, knee is over ankle, gaze is forward or up.

**option** - hips are a little higher to protect the knee.

**safest option** - place hands on quadriceps to protect the knee and back.

## Triangle



Triangle: Foot position is the same as Warrior 2, front leg stays straight with quadricep lightly engaged, the back hip stays open, feet are rooted, gaze is upwards.

## Tree Pose



Tree Pose: One foot is rooted to ground, hips are neutral, shoulders are square, raise the other foot to the shin or the perineum (but avoid knee as you may hurt it by pushing on it). If you are comfortable, raise your arms in the air with hands in prayer or pointing towards the sky to open your chest.

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## Seated Twist



Seated Twist: Starting from staff pose, bend your left leg over the right knee. Wrap your right arm around the left knee. Inhale with back nice and tall, then twist to your left as you exhale.

## Seated Forward Bend



Seated Forward Bend: Starting from staff pose, inhale & extend arms in the air, fully extending the spine. Exhale as you bend forward from the pelvis. Please bend knees if it hurts your back.

## Inclined Plane Pose



Inclined Plane Pose: Starting from staff pose, place your hands approximately 6 inches behind you, palms flat on the ground, with fingers facing towards your body. Inhale and raise buttocks in the air, opening chest. If comfortable, release head & neck backwards.

## Upward Bow



On abdomen, bend knees, reach back & hold ankles, fully engage back body, lift torso & legs.



**Option** - bend knees, intend hands towards ankles, lift torso & legs.



**Safest option** - locust - raising straight legs, lifting chest, engaging shoulder blades.

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## Camel



With knees under hips, extend spine upwards then lean back, with chest open, place hands on heels. Back body must be engaged to protect your back.



**Safest option** - quarter camel, hands are on sacrum, fingers pointing downwards, elbows are back, buttocks are engaged, only lean back slightly. Head can be released backwards or can remain neutral.

## Child's Pose



Child's Pose: From camel, allow buttocks to rest on heels, then allow body to relax forward with forehead on the ground. Hands are comfortably beside heels.

## Wind Relieving Pose



Wind Relieving Pose: To further release your back, lie on your back, pull your knees into your chest. To release even more, try pulling your forehead to your knees.

## Corpse Pose



Corpse Pose: Lie on your back, fully relaxing your entire body. If you have a sore back, bend your legs and place the soles of your feet on the ground

## Seated meditation and close with one ohm

