



Power YogaFit

C1G

Presented by: Aimee Marshall

Power YogaFit® is a more intense version of traditional YogaFit®. This is a flowing, heat-building workout that will make you leaner and stronger! An excellent cardiovascular workout, combined with strengthening yoga poses and stretches that will help lengthen and tone your muscles. As always focus is placed on the YogaFit® Essence of: Breathing, Feeling, Listening to our Bodies, Letting go of Judgement, Expectations & Competition. Honouring our bodies as we push our limits and work from a deep inner strength and power.

Adding “Power” to your YogaFit® Class

- Longer Work Phase
- Sequencing
- Strength / Power options
- Pacing
- Remind clients that rest is always an option

Power YogaFit® Sample Class

*note: Half Series refers to middle flow of sun salutation: plank, crocodile, cobra/upward dog, child’s pose/downward dog & repeat.

Mountain I – Warm-Up

1. Mountain
2. Sunflower Flow
3. Walking Downdog
4. Cat / Cow Flow
5. Sunbird Flow
6. Modified Half Series
7. Forward Bend
8. Chair & Swan Dive Flow
9. Mountain
10. Sun Salutation Series

Mountain II – Workphase

11. Forward Fold with big toe yogi hold
12. Chest Expansion, option to fold
13. Airplane Pose
14. Downward Dog, 3 Legged Dog to Warrior 1 (R & L)
15. Half Series
16. Warrior 1, Warrior 2, Triangle
17. Half Series
18. Warrior 1, Warrior 2, Triangle, Extended Angle, Bound Angle, Pyramid, Twisting Triangle
19. Half Series
20. Warrior 1, Warrior 3, Standing Splits
21. Half Series
22. Eagle Pose

Mountain III – Floor Work and Deep Stretches

28. Locust Pose
29. Bow Pose
30. Child Pose
31. Camel Pose
32. Child Pose
33. TableTop/Incline Plank
34. Forward Fold
35. Boat
36. Big Toe Wide boat
37. Butterfly
38. Knees to Chest
39. Supine Hand to Big Toe
40. Abs work
41. Bridge/Wheel
42. Knees to Chest
43. Half Shoulder Stand
44. Plow Pose
45. Fish Pose
46. Supine Spinal Twist
47. Relaxation

YogaFit® Worldwide Training Systems has partnered with Australia Fitness Network, bringing our user friendly and safe yoga teacher trainings to Australia.

Please visit: www.fitnessnetwork.com.au/yogafit to find a local training near you!

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