

YogaFit: Athletic Power

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YogaFit: Athletic Power 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. We want to honour our bodies as we find our edge and work from deep within to explore and develop our strength and power. The following are ways anyone can explore with strength and power and unleash their inner athlete.

Adding "Power" to your YogaFit Class

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

For the Athlete

Power and strength: true power is defined as the ability to exert maximal force in as short a time as possible as in accelerating, jumping and throwing. Strength is maximal force to a load while power is the speed at which the force is applied. Athletes training at a higher performance level likely are training with sufficient load to develop power and strength for their sport. From this perspective, we won't always need to develop more power in yoga, however, we do aim to preserve the strength and power gains made, promote efficiency and prevent injury.

- 1) Select movements that **mimic demands in their sport or activity**. In yoga we slow movement patterns down. This is compliments an athletes training for a heightened awareness and movement precision.
- 2) **Balance activity demands (over-use) with opposing muscle movements** for balance in the body. Both static poses and intense stretches can be used to offset repetitive use injuries.
- 3) Select **various breath control (Pranayama) techniques**. Not only does yoga teach us to breathe deep and more fully, it helps us to coordinate breath with movement and exert power and force efficiently. With various techniques we improve lung capacity, performance and recovery.
 - 3-part breath
 - Whisper breath (diaphragmatic, working breath)

- Breath of Joy (uplifts mood)
- Alternate nostril breath (clarity of mind, alertness)
- Bees Breath (helps focus and limit distractions)

YogaFit: Power Sample Class

Mountain I – Warm-Up

Mountain (3-part breath)

Sunflowers (breath of Joy)

Downward Dog (gastroc and soleus flow; volleyball, basketball)

Spinal Bal – Gate - Cat/Cow - side plank R+L (Skating; hockey, speed skating, figure skating)

Modified Half Series (Child’s Pose – Crocodile on knees– Cobra)

Forward Fold

Mountain (alternate nostril breath)

Valley 1

Sun Salutation Series

Mountain 2 – Work Phase

Forward Fold with Big Toe Yogi Hold (Whisper breath)

Chest Expansion

Airplane Pose

Downward Dog – 3 Legged Dog – Warrior 1 R+L

Half Series (Downward Dog – Crocodile – Cobra/Up Dog)

Warrior 2 – Tree – Warrior 3 R+L (Baseball)

Half Series

Warrior 1 – Warrior 2 – Triangle – Extended Angle – Bound Angle – Pyramid – Twisting

Triangle R+L (Field Sports)

Half Series

Valley 2 – Balance

Eagle Pose – Extended hand to foot (Skating)

Mountain 3 – Floor Work + Deep Stretches

Locust Pose

Bow Pose

Child Pose

Camel Pose

Child Pose - DDog – Dolphin plank

Inverted Get-up (shoulder stability most sports/activity)

Boat - Big Toe Wide Boat - Butterfly

Turkish twist (option for single-leg) - Cowfaced pose (shoulder options)

Knees to Chest
Bridge/Wheel
Knees to Chest
Half Shoulder Stand
Plow Pose
Fish Pose
Supine Spinal Twist
Relaxation

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