

# RESET!

## Workout of the Day



### Power Yoga – by Evelyn Price, York Branch YMCA

#### Warm up

- Start in easy seated position with eyes closed. Inhale/Exhale 5 times normal breath.
- Inhale/Exhale through the nose 5-10 times, feeling the heat in the belly fire up.

#### Surya Namascar A or Sun Salutations

- Stand tall at the top of the mat, inhale and
- Reach up, exhale and Forward fold, inhale to Half-lift, exhale and jump feet back and land in low pushup.
- Inhale to Upward Facing Dog, Exhale to Downward Facing Dog
- Repeat 3-5 rounds of this warm up vinyasa

#### Navasana or Boat Pose

- Begin in supine position on the mat
- Inhale and lift the body up into a capital V shape
- Hold 3-5 breathes, repeat 3 times

#### Ashta Chandrasana or High Lunge/Crescent Lunge

- Begin in Downward Facing Dog. Inhale and step the right foot between the hands, lift the torso and reach up. Back heel lifts. Practice breathing and opening the chest in this powerful balance stance.

#### Virabhidrasana 3 or Warrior 3

- Begin standing tall, place hands on hips and inhale. On the exhale bend forward as the back foot lifts off the ground. Hands can remain on hips, or palms together at the heart, or arms fully extended overhead. Lift the chest slightly and look forward or down in front of the face. Five to ten inhales each side. Remember to point back toes to the floor.

#### Malasana or Yogi Squat

- Place the feet on the outer edges of the mat, look straight ahead as you inhale hands overhead.
- Exhale hands to prayer and squat down, pressing into the four corners of the feet. Hold for 3-5 inhales/exhales.

#### Balasana or Child's Pose

- Sit on your heels with knees wider than hips. Bring your forehead to the mat and arms can stay at your sides or rest overhead.

#### Savasana or Corpse Pose

- Lay on the mat, eyes closed for 3-5 minutes, allowing rest and cool down.