

## Syllabus

# Power Yoga for Advanced Strength and Balance

(Semester IV - 2 Credits)

<b>Course Title</b>	: Power Yoga for Advanced Strength and Balance
<b>Credit Hours</b>	: 2
<b>Total Duration</b>	: 30 hours (15 weeks x 2 hours/week)
<b>Prerequisite</b>	: Completion of "Power Yoga for Strength and Balance" or equivalent foundational yoga knowledge.

### Course Objectives:

1. Expand the repertoire of power yoga asanas to enhance strength, balance, and flexibility.
2. Introduce advanced asanas in standing, sitting, prone, and supine positions.
3. Develop proficiency in dynamic power yoga sequences integrating multiple asanas.
4. Emphasize smooth transitions between asanas for improved flow and mindfulness.
5. Enable students to practice advanced power yoga routines independently and teach others.

### Course Outcomes:

By the end of this course, students will be able to:

1. Perform new and advanced power yoga asanas with proper alignment and fluid transitions.
2. Integrate strength, flexibility, and balance in dynamic power yoga sequences.
3. Create and lead power yoga routines targeting various aspects of physical fitness.
4. Demonstrate mastery of breath control and mindfulness during intense physical sequences.
5. Analyze and modify asanas to suit individual fitness levels in a power yoga context.

## Evaluation Methods:

### 3. Routine Design and Execution: 60%

- Create and demonstrate a power yoga routine focusing on strength, balance, and flow.

### 4. Personal Journal Reflection: 40%

- Documenting progress, challenges, and experiences with advanced power yoga.

## Syllabus Content:

### 1. Standing Asanas

Advanced poses to deepen strength and balance:

#### **Strength Asanas:**

1. Virabhadrasana III (Warrior III Pose)
2. Utthita Hasta Padangusthasana (Extended Hand-to-Big-Toe Pose)
3. Parivrtta Ardha Chandrasana (Revolved Half Moon Pose)

#### **Balancing Asanas:**

1. Eka Pada Utkatasana (One-Legged Chair Pose)
2. Natarajasana (Dancer Pose)
3. Vrikshasana Variation (Dynamic Tree Pose with Arm Movements)

### 2. Sitting Asanas

Focusing on core strength and advanced balancing postures:

#### **Strength Asanas:**

1. Ubhaya Padangusthasana (Both Big Toes Pose)
2. Bakasana (Crow Pose)
3. Eka Pada Rajakapotasana (One-Legged King Pigeon Pose)

#### **Balancing Asanas:**

1. Tolasana (Scale Pose in Lotus)
2. Krounchasana (Heron Pose)
3. Astavakrasana (Eight-Angle Pose)

### 3. Prone Position Asanas

Advanced poses for building dynamic core and back strength:

#### **Strength Asanas:**

1. Urdhva Dhanurasana (Upward Bow Pose)
2. Eka Pada Bakasana (One-Legged Crane Pose)
3. Mayurasana (Peacock Pose)

#### **Balancing Asanas:**

1. Pincha Mayurasana (Forearm Stand)
2. Eka Pada Rajakapotasana II (Extended Leg Variation)
3. Vasisthasana Variation (Side Plank with Extended Leg)

### 4. Supine Position Asanas

Focus on stretching and advanced balance in reclined postures:

#### **Strength Asanas:**

1. Viparita Karani (Legs Up the Wall Pose with Core Engagement)
2. Eka Pada Setu Bandhasana (One-Legged Bridge Pose)
3. Supta Trivikramasana (Reclining Splits Pose)

#### **Balancing Asanas:**

1. Anantasana (Side Reclining Leg Lift Pose)
2. Jathara Parivartanasana (Advanced Revolved Abdomen Pose)
3. Supta Virasana (Reclining Hero Pose with Arm Extensions)

## Power Yoga Routines (6 Sequences)

Each sequence contains 8 poses (excluding starting or relaxation poses):

## 1. Core Strength Flow:

1. Tadasana
2. Utkatasana
3. Virabhadrasana III
4. Navasana
5. Utpluti
6. Bakasana
7. Phalakasana
8. Urdhva Dhanurasana

## 2. Balance and Focus Sequence:

1. Vrksasana
2. Ardha Chandrasana
3. Parivrtta Ardha Chandrasana
4. Tolasana
5. Krounchasana
6. Vasisthasana
7. Eka Pada Rajakapotasana II
8. Anantasana

## 3. Back Strength and Stability:

1. Bhujangasana
2. Shalabhasana
3. Dhanurasana
4. Pincha Mayurasana
5. Mayurasana
6. Setu Bandhasana
7. Supta Trivikramasana
8. Viparita Karani

#### 4. Dynamic Power Flow:

1. Utkatasana
2. Parsvottanasana
3. Eka Pada Utkatasana
4. Natarajasana
5. Paripurna Navasana
6. Astavakrasana
7. Vasisthasana Variation
8. Urdhva Mukha Svanasana

#### 5. Hip and Core Opener Flow:

1. Gomukhasana
2. Eka Pada Rajakapotasana
3. Parivrtta Janu Sirsasana
4. Ubhaya Padangusthasana
5. Astavakrasana
6. Phalakasana
7. Ananda Balasana
8. Jathara Parivartanasana

#### 6. Strength and Flexibility Flow:

1. Utkatasana
2. Virabhadrasana I
3. Ardha Chandrasana
4. Utthita Hasta Padangusthasana
5. Kukkutasana
6. Eka Pada Bakasana
7. Jathara Parivartanasana
8. Supta Baddha Konasana

#### Detailed Course Schedule:

Week	Focus	Topics	Key Practices
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1	Course Introduction	Warm-ups, Pranayama	Foundation poses and alignment
2	Standing Asanas I	Strength & Balance	Warrior III, Natarajasana
3	Sitting Asanas I	Strength Focus	Ubhaya Padangusthasana, Bakasana
4	Prone Asanas I	Dynamic Core Strength	Mayurasana, Urdhva Dhanurasana
5	Supine Asanas I	Strength and Stability	Eka Pada Setu Bandhasana, Viparita Karani
6	Power Yoga Sequence I	Core Strength Flow	Transition practice
7	Advanced Balancing Techniques	Focused Balances	Pincha Mayurasana, Tolasana
8	Power Yoga Sequence II	Dynamic Power Flow	Flow with transitions
9	Seated & Prone Transitions	Strength and Focus	Astavakrasana, Eka Pada Bakasana
10	Supine Balancing Poses	Focus on Stability	Anantasana, Supta Virasana
11	Power Yoga Sequence III	Hip and Core Opener	Fluid transitions
12	Power Yoga Sequence IV	Flexibility & Strength Flow	Personalized sequences
13	Midterm Routine Demonstrations	Evaluation of Progress	Asana sequences
14	Personalized Routine Practice	Refinement and Feedback	Review personalized flows
15	Final Assessments & Feedback	Routine Demonstrations	Presentation of final routines

### Reference Materials:

- The Key Muscles of Yoga by Ray Long
- The Yoga Bible by Christina Brown
- Power Yoga: Strength, Sweat, and Spirit by Leah Cullis

- Online resources like Yoga Journal and DoYogaWithMe.