Baptiste Power Yoga #1 - 90 min. - All Levels

- Begin series
- End series
- Repeat series
- Repeat Series on other leg/side
- Repeat pose on opposite leg/side

1. Childs Pose
2. Down Dog
3. Right Leg High
4. Bent Knee Hip Opener
5. Down Dog
6. Left Leg High
7. Bent Knee Hip Opener
8. Rag Doll
9. Tadasana
10. Samasthiti
11. Tadasana
12. Utanasana (Forward Fold)
13. Half Lift
14. Forward Fold
15. Half Lift
16. High Plank
17. Chaturanga
18. Up Dog
19. Down Dog

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Baptiste Power Yoga #1 - 90 min. - All Levels

- Half Lift
- Forward Fold
- Tadasana
- Back Bend - option
- Forward Fold
- Half Lift
- Chaturanga
- Up Dog
- Down Dog
- Long Spine
- Forward Fold
- Utkatasana
- Forward Fold
- Half Lift
- Chaturanga
- Up Dog
- Down Dog
- Up Dog
- Down Dog
- Warrior 1
- Chaturanga
- Up Dog
- Down Dog
- Warrior 1
- Warrior 2
- Reverse Warrior
- Chaturanga
- Up Dog
- Down Dog
Baptiste Power Yoga #1 - 90 min. - All Levels

Leg High
Knee to Nose
Low Lunge
Crescent Lunge
Twisting Crescent Lunge
open arms - option

Warrior 2
Extended Side Angle
Reverse Warrior
Extended Side Angle
hand to the ground - option
Chaturanga

Up Dog
Down Dog
Leg High
Bent Knee Hip Opener
flip your dog
High Plank

Side Plank
Modified - option
scissor legs - option
Chaturanga
Up Dog
Down Dog
Baptiste Power Yoga #1 - 90 min. - All Levels

Samasthiti
Tree
Tadasana
Forward Fold
Half Lift
Chaturanga
Up Dog
Down Dog

Warrior 1
Warrior 2
Reverse Warrior
Chaturanga
Up Dog
Down Dog

Warrior 1
Warrior 2
Triangle
palms touch - option
Prasarita (1st series)
Tripod Headstand - option (1st series)

Horse (2nd series)
Hand on Hips
Twisting Triangle
Twisting Half Moon - option
Chaturanga
Up Dog
Down Dog
Baptiste Power Yoga #1 - 90 min. - All Levels

Boat
Half Boat
Full Boat
Boat
Half Pigeon
fold forward
seated
Pachimotinasana
Plow
Shoulder Stand
Dead Bugs Pose
Happy Baby - option
Knees into Chest
Prone Frog
knee into chest
Spinal Twist
forehead to knees
Savasana
supported fetal position
hands to heart
hands to 3rd eye
bow forward