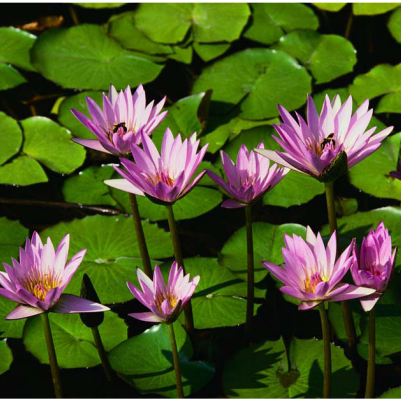




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The YogaDownload.com
Beginner Power Yoga w/ Jackie Program

Welcome to the "Beginner Power Yoga w/ Jackie" Program

Everything you need to know to build a solid foundation in Power Yoga!

The Beginner Power Yoga Series is a five class series that progressively teaches the basics of power yoga, an energetic and empowering style of yoga that involves breath, movement, strength, and flexibility. This series is perfectly paced for those brand new to power yoga, as well as those looking for a refresher on postural alignment. By the fifth class you will feel like a power yoga pro!

Jackie is YogaDownload's top performing instructor and has years of practice teaching beginner classes as well as a wide variety of yoga styles at all levels. Jackie's classes are an empowering combination of enlightening inspiration, encouragement, alignment, and flow. Her classes provide a supportive framework for each student to blossom into his or her greatest expression of each posture, and brightest self.



What you will get from this series:

- 🌸 Understand safe physical alignment for power yoga and other basic yoga poses
- 🌸 Build strength and flexibility
- 🌸 Learn how to use your breath as a tool and to connect breath with movement
- 🌸 Develop a strong understanding of power yoga basics: Sun Salutations A & B, Chaturanga push ups, Triangle Pose, Crescent Lunge, Boat Pose, Crow Pose, Runners Lunge, Horse Pose + many more
- 🌸 Feel comfortable walking into any yoga class in a studio knowing you have a solid understanding of yoga basics

The Classes:

Below are the list of classes for this program. You will receive download versions of each of these classes with this program. Download them and move through classes 1 - 5 at your own pace.

The Gear:

You will need a yoga mat and comfortable clothing for these classes.

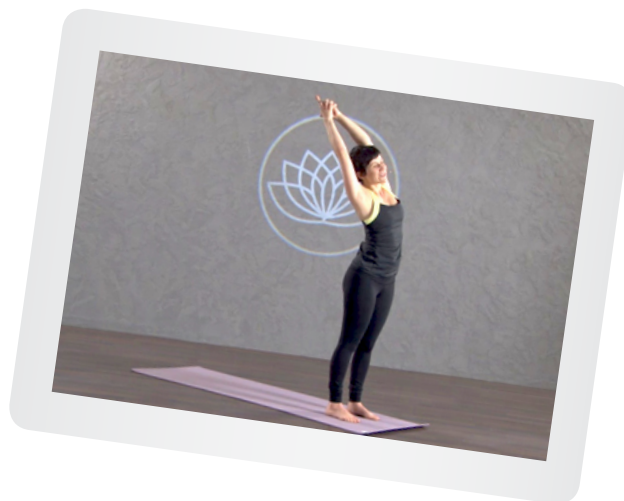


Class 1

Beginner Power Yoga 1 - Foundation

| 50 min |

Beginner Power Yoga 1 is all about building a strong power yoga foundation by learning safe physical alignment, deep breathing and flow. You will learn the basic Sun Salutations (Surya Namaskar A & B), Chaturanga pushups, and single leg balancing postures in great detail as you are encouraged to focus, breath deeply, and connect to your power.



Class 2

Beginner Power Yoga 2 - Alignment

| 55 min |



In Beginner Power Yoga 2 you will continue to learn safe physical alignment of basic power yoga postures in addition to refining what you have already learned in the first class in the series. You will dive deeper into Sun Salutation B (Surya Namaskar B) and learn postures such as Triangle, Crescent Lunge, and half pigeon while being encouraged to breathe deeply and stay present.



Class 3

Beginner Power Yoga 3 - Strength & Power

| 45 min |

In Beginner Power Yoga 3 you will practice what you have already learned in the previous 2 classes in the series, plus learn new postures that will help you cultivate inner strength such as Boat Pose (Navasana), Crow Pose (Bakasana), and the full version of High to Low Pushup (Chaturanga Dandasana). Throughout class you are encouraged to breathe deeply, let go of judgements, and enjoy your yoga journey.

Class 4

Beginner Power Yoga 4 - The Art of Flow

| 55 min |

In Beginner Power Yoga 4, you will continue to learn safe physical alignment of basic power yoga postures as well as focus on moving with your breath. You will dive deeper into the art of "flow" while being encouraged to breathe deeply as you move.



Class 5

Beginner Power Yoga 5 - Practice Presence

| 75 min |

This is a full body complete power yoga practice that gives you plenty of time to warm up, strengthen, stretch deeply, and wind down. You will practice what you have already learned in the previous 4 classes in the series, plus learn new postures such as Standing Split Pose, Runners Lunge, and Horse Pose. Throughout class, Jackie gives you lots of alignment cues and encouragement while inviting you to stay present and enjoy the journey.



Congratulations!

Way to go!! You worked hard and it has paid off! Now you're feeling stronger, more flexible, more connected, and you've created a strong foundation for your power yoga practice.

For more amazing classes in a wide range of styles, lengths, and levels taught by world-class instructors, visit our ever-growing library at YogaDownload.com!

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help@yogadownload.com.



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