

Shakti Pose guide

*Come as
you are
- for real*



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Shakti Pose Guide

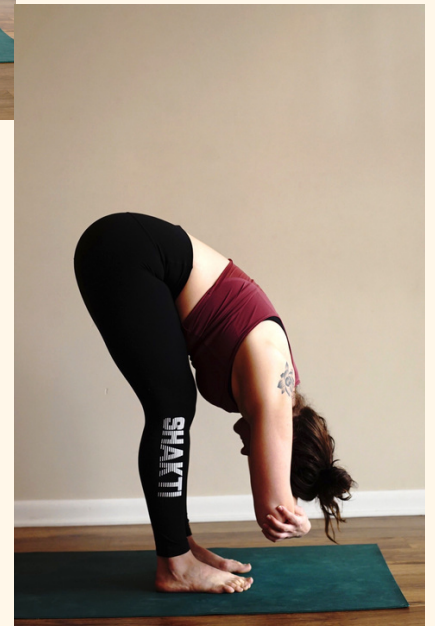
child's pose



downward facing dog



forward fold (ragdoll)



extended mountain pose



mountain pose (tadasana)



Vinyasa



half-way lift



chaturanga



upward facing dog

warrior I



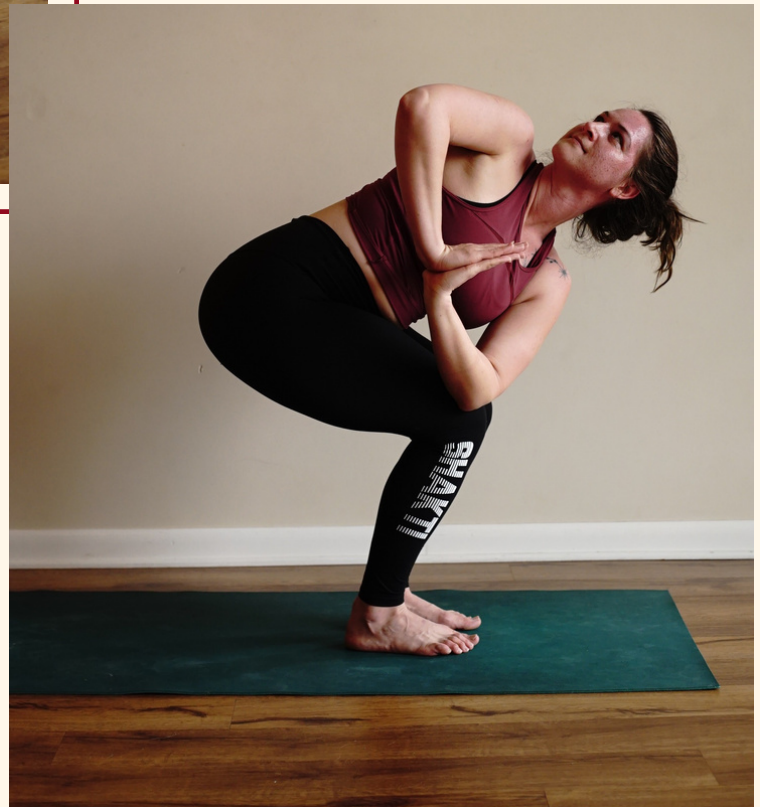
warrior II





Extended Side Angle

chair prayer twist



Balancing

Postures

eagle



tree



dancer



balancing postures cont.



standing leg raise



balancing postures cont.



airplane



half-moon

Grounding



triangle

**side facing
wide-leg
forward
bend**



pyramid



nd be for it.

GIVE UP WHAT YOU MUST: Bring into view and let go the fixed Drishtis (perceptions) and adasanas (positions) that thwart and constrain you.

COME FROM YOU ARE READY NOW: Move, breathe and have your being from, "Right now is all we got." Make the higher call at each step.

Fix dogside plank
 breath on the other side.

VITALITY
 CRESANT
 Extended Side Angle
 Vinyasa into other side
 Prayer Twist
 Fingers to Toes Forward Fold
 Palms to Toes Forward Fold
 Crow Pose

EQUANIMITY
 Eagle Pose 2x
 Standing Leg Raise
 Airplane
 Half Moon → FF
 Dancer's Pose 2x
 Tree

GROUNDING
 Sun Salutation
 variation with Triangle
 Side Facing Wide Leg
 Forward Bend
 Namaste Front Facing
 Forward Fold
 Twisting Triangle

twisting triangle

Igniting



locust



floor bow



bridge



wheel



supta baddha konasana *(butterfly)*



happy baby



Opening



half- pigeon



double pigeon

fish



shoulder stand



Breath connection

Ujjayi is the style of pranayama used in Power Yoga. Ujjayi means "breath of victory" prana means "life force" and yama means "to regulate or control."

Ujjayi has the ability to heat, soothe, focus, and protect the body.

Create a long spine in your seat or pose to make space for your internal organs and muscles. Lift the belly button to the spine, breathe in through your nose for 4 counts, hold for 2-4 counts, exhale through your nose for 4, keeping your belly button drawn in. Constrict the muscles in the back of your throat to make the sound of an ocean wave.

Observe your parasympathetic nervous system take dominance over the "fight or flight" feeling. The body will begin to steady and listen for poses, shapes, experiences when you lose your breath; that is a sign something needs to shift to regain life force.

FAQ

When should I arrive?

15 minutes early, please!

Best classes for beginners?

All of our classes are for all levels. That being said, YinPower and Revival move at a slower pace, and might feel more accessible than a Power class or Shakti Strength. Restorative is a completely passive class and perfect for beginners.

Which classes are heated/ unheated?

Power classes are heated from 90-95 degrees

Hatha & Yinpower are lightly heated from 84-86 degrees

Revival, Restorative, & Shakti Strength are unheated

[Book a Class](#)

What should I bring to class?

- **A water bottle**
- **A yoga mat**
- **A towel**
- **Your sparkling self**

What should I know for my first class?

- **You're going to sweat!**
- **Flexibility is not a prerequisite**
- **Don't be too hard on yourself**
- **We're a body neutral space, no mirrors**
- **We pass out cool towels with lavender essential oil to enjoy during savasana**

Cancellation policy?

We have a 2 hour cancellation window prior to class and a 'no show' policy. If you book your class in advance and cancel within 2 hours of class, you will accrue a \$10 charge. If you book a class and don't arrive, you will accrue a \$15 charge.

Where should I Park?

Students are able to park in the lot in front of the studio. If this lot is full students may park behind the pink house located to the left of the studio. Please avoid parking at the gas station .

I can't afford yoga.

Come talk with us! DM us, email hello@shaktiyogaathens.com, call, or chat with us at the front desk. We want you to be able to practice yoga. *P.s. Have you heard of Shakti Scholarships? [Check it out on our website under the pricing page.](#)*

[Book a Class](#)

We're up to something bigger

Shakti Athens creates community through authentic connection. We are joyfully committed to showing up with power yoga that inspires a vibrant and empowered life.



AT SHAKTI WE ARE ACTIVELY COMMITTED TO QUESTIONING BIAS, BLIND SPOTS, AND UNCONSCIOUS DISCRIMINATION THROUGH INQUIRY WITHIN AND OUTSIDE OF THE SHAKTI TEAM. SHAKTI TEACHERS COMMIT TO ACTING IN ALLYSHIP FOR POCS AND MARGINALIZED COMMUNITIES. WE ARE COMMITTED TO SHOWING UP AND STEPPING INTO DISCOMFORT IN ORDER TO OPEN THE CLOSED DOORS THAT HOUSE INTERNAL BIAS AND DISCRIMINATION.



Book a Class