

# *Shakti Pose guide*

*Come as  
you are  
- for real*



# Shakti Pose Guide

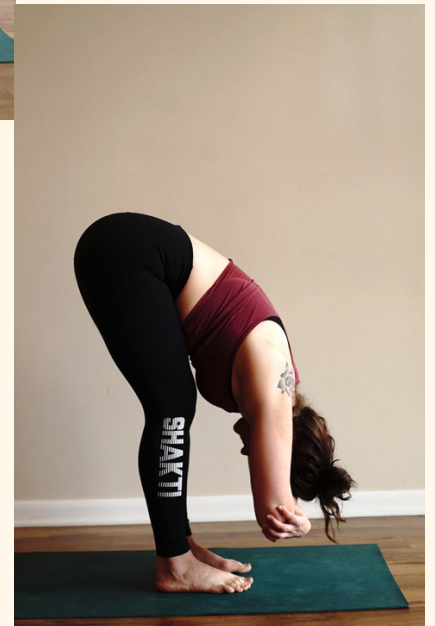
**child's pose**



**downward facing dog**



**forward fold (ragdoll)**



**extended mountain pose**



**mountain pose (tadasana)**



# Vinyasa



half-way lift



chaturanga



upward facing dog

## warrior I



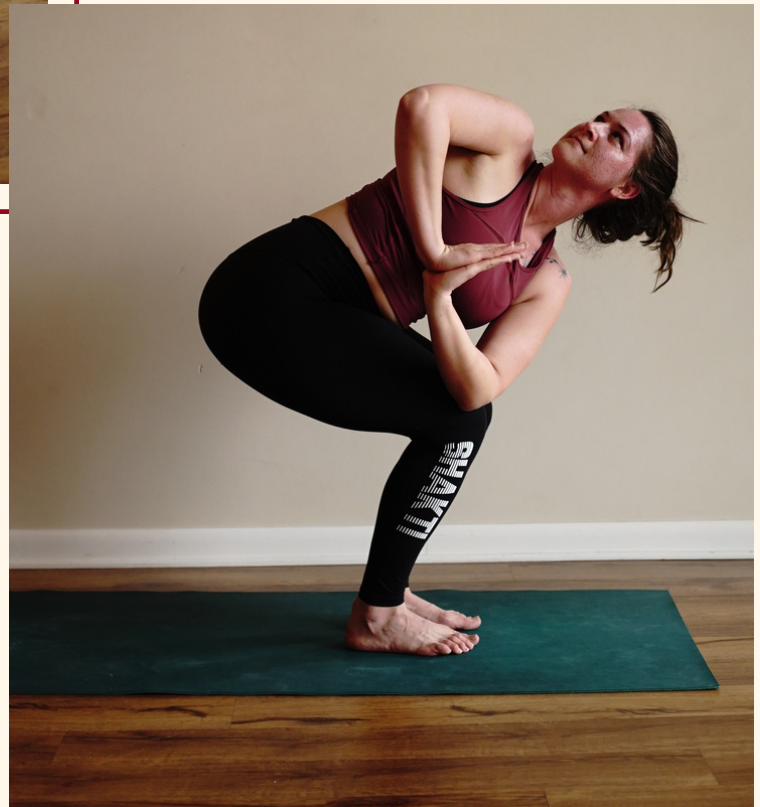
## warrior II





# 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



# twisting triangle

# Igniting



**locust**



**floor bow**



# bridge



# wheel



# **supta baddha konasana** *(butterfly)*



# **happy baby**



# Opening



**half- pigeon**



**double pigeon**

# fish



# shoulder stand



# Breath connection

Ujayyi 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."

Ujayyi 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**



# FAQ

## *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**

# FAQ

## *Best classes for beginners?*

**All of our classes are for all levels. That being said, YinPower (lightly heated) and Revival (unheated) 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.**

## *Cancellation policy?*

**We have a 3 hour cancellation window prior to class and a 'no show' policy. If you book your class in advance and cancel within three 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 .**

# 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