



Athletic Yoga

Presented Helen Vanderburg

Introduction:

Combining the flow of a vinyasa yoga class and the detailed cueing of an Iyengar yoga practice, Athletic Yoga is a challenging and dynamic yoga practice. This physical practice of yoga suit the needs of athlete and fitness participant by giving them a intense strength, balance and flexibility workout, at the same time teaching them how to perform the postures to get the most benefit.

Class format based on the Fusion Fitness Training: Integrated Yoga

Based on a variety of yoga teaching style

Based on athletic performance enhancement

Based on increasing strength, balance and flexibility

Teaching considerations:

Athletic Yoga is a strong practice designed to challenge your fit and active clients. Classes should be modified based on the needs and skill level of your clients.

Athletic Yoga Sample Class

Awakening Flow:

Child pose with upper body openers
All 4's with upper torso rotation and core strength
Downward dog
Lunges
Standing forward bend
Mountain

Warming Flow:

Sun Salutation variation

Standing Strength Flow:

Lunge
Warrior 3
Figure 4 balance

Standing Flexibility Flow

Warrior 2

Reverse warrior
Extended side angle
Revolving angle

Standing Balance Flow:

Chair
Balanced chair
Revolving chair
Knee balance
Big toe pose

Floor Core Stability Flow:

Plank
Push up
Locust
Down dog (with a twist)
Side T stand

Floor Core Stability Flow:

Forward bend
Reverse table
Butterfly
Boat pose
Seated twist

Floor Stretch Flow:

Supine hamstring stretch
Lateral stretch
Supine twist

Calming Flow:

Back bridge
Legs up
Corpse pose

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