

RANJANA YOGA CLASS

Power Yoga

A Beginner's Guide

A strength-building flowing style: how to start safely, a 25-minute routine and honest advice

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General education only. Not medical advice. Speak with your doctor before starting any new practice.

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1. What Power yoga is

Power yoga is a vigorous, fitness-minded style of yoga that links poses with breath and builds strength, stamina and balance. The term was popularised in the 1990s by teachers who adapted the dynamic Ashtanga method for Western gyms and studios. It is not a traditional lineage, and classes vary widely.

Because it is more athletic, power yoga appeals to people who like a workout. It also means beginners must be careful about speed and load, especially in the wrists, shoulders, knees and lower back.

The short answer

Power yoga is a fast, strength-focused flowing style. It is a good workout for some, but beginners should learn the basic poses slowly first and take it at their own pace.

2. Before you begin: safety first

General education only. Check with your doctor first if you are pregnant, have high blood pressure, a heart, lung, joint or spine condition, osteoporosis, an eye condition such as glaucoma, or have had recent surgery or injury.

Stop and rest if you feel:

- sharp, pinching or burning pain (a mild stretch is fine, pain is a stop sign);
- dizziness, nausea or breathlessness;
- numbness or tingling, or pressure in the head or neck.

Go slower than the class

In a fast class, nobody will mind if you rest in child's pose or skip a pose. Protect your wrists, shoulders, knees and lower back first.

3. Building blocks

Pose	Key points	Easier version
Plank	Wrists under shoulders, one line from head to heels.	Drop the knees.
Chair pose	Sit back like a chair, weight in the heels, spine long.	Higher seat, hands on thighs.
Warrior I and II	Front knee over ankle, strong back leg.	Shorter stance.
Boat pose	Lift the legs with a long spine.	Bend the knees, hold behind thighs.
Locust	Lift chest and legs gently.	Lift only the chest.
Downward dog	Hips up and back.	Bend the knees.

4. A 25-minute beginner routine

Time	Practice	Notes
3 min	Warm-up: cat and cow, shoulder and hip circles	Easy breath.
6 min	Sun salutation, 3 slow rounds	Knees down in plank is fine.
6 min	Standing strength: chair, warrior I and II, both sides	Hold 5 breaths.
4 min	Core: boat and a gentle plank	Short holds; rest between.
3 min	Cool-down: forward fold and seated twist	No forcing.
3 min	Final relaxation	Breathe naturally.

5. Your four-week plan

Week	Focus	Length	What to notice
1	Learn the building blocks slowly	15 min	Can you keep the breath easy?
2	Add sun salutation and standing poses	20 min	Are wrists and knees comfortable?
3	Add core work	25 min	Which poses feel stronger?
4	Full 25-minute routine	25 min	Take a rest day between sessions.

6. Choosing a class or teacher

Power yoga classes differ a lot. Some are slow and strength-focused, others are hot, fast and high-energy. Look for a class labelled beginner or fundamentals first. A good teacher demonstrates modifications, watches alignment and avoids pushing you beyond your breath.

- Tell the teacher about any injury, surgery, pregnancy or health condition before class.
- Ask which poses are optional; a good teacher says most of them are.
- If a teacher dismisses pain as part of the process, find another class.

7. Practising at home

At home, power yoga is easy to overdo, because videos often run quickly. Choose a beginner routine, pause the video when you need to, and stop when form slips. Rest days matter: your muscles and joints recover between sessions.

8. Honest expectations

Power yoga can improve strength and stamina and many people enjoy the workout. It is not a weight-loss programme in itself, and it is not suitable for everyone. If you have a joint, heart or blood pressure condition, speak to your doctor first.

9. Common mistakes and fixes

Mistake	Fix
Going too fast	Match the breath, not the music or video.
Dumping weight into wrists	Press through the whole hand; use forearms or knees as needed.
Locking joints	Keep micro-bends in the knees and elbows.
Training every day	Allow rest days.
Holding the breath	Slow down; breath should stay easy.

10. Questions people ask

Is power yoga good for weight loss?

It is a moderate to vigorous exercise and can support an active lifestyle. Weight depends on many factors, including food and overall activity.

How is it different from Vinyasa?

The terms overlap. Power yoga usually emphasises strength and pace more than flow and breath.

Is it safe for beginners?

Yes, with modifications and a slower pace. Check with your doctor first if you have health conditions.

How often should I practise?

Two to four times a week with rest days.

11. A pre-session checklist

- Have I eaten lightly, at least two hours ago, and had some water?
- Is my space clear, warm and free from interruptions?
- Do I know what I will practise, and how long I have?
- Is there anything in my body today (pain, tiredness, illness) that means I should do less?
- Do I know my stop signs: sharp pain, dizziness, breathlessness?

Running through these five questions takes less than a minute and prevents most beginner problems.

12. Your first week, day by day

Day	Suggestion
1	Read this guide. Try just the warm-up and the final rest.
2	Rest, or a five-minute walk.
3	Repeat day 1 and add one new pose or step.
4	Rest.
5	Practise a short version. Notice how you feel afterwards.
6	Write a few lines in the practice log.
7	Rest. Plan next week from what you noticed.

Three short sessions a week are a good start. Regular, gentle practice builds confidence, and rest days let the body adapt.

13. Glossary

Term	Plain meaning
Power yoga	A strong, flowing, fitness-oriented style.
Vinyasa	Linking movement with breath.
Plank	A strong holding pose.
Modification	An easier version of a pose.

Reminder

This guide is general education and not medical advice. It does not diagnose, treat or cure any condition. If you have a health concern, speak with your doctor before starting a new practice.

Practice log

Print this page and keep a short record. Notes help you see patterns over time.

Day	Minutes	Poses done	How it felt	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				