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Beginners, mid-level, and expert.Workout Time: You can perform this pose early in the morning or evening on an empty stomach.Muscles Worked: This pose in power yoga helps in weight loss by toning and strengthening your abdominal, thigh, perineal, pelvic, and lower back muscles.Steps:Lay down on the floor, keeping your back, legs straight, and hands on either side, palms facing down.Lift your right leg perpendicularly with your left leg slowly.Keep both your legs straight.Repeat the same process with the other leg.Get back into a resting position.Lift your legs perpendicular to the ground slowly.For effective weight loss, repeat the whole process 10 to 15 times.11. Ardha Chandrasana Yoga or Half-Moon Pose: SaveLevel: Medium-level.Workout Time: The best time to practice this pose is in the evening after a gap of 6 hours from your meal or morning on an empty stomach.Muscles Worked: This is yet another pose from Power yoga for weight loss at home that helps stretch your hamstrings, opening up your hips along with strengthening your spine, buttocks, and legs.Steps:Stand on the mat with your feet as wide as your wrists.Now slowly bend towards your left, your wrist touching your feet.Make an angle of 90 degrees by lifting your right foot.Turn your hip in a similar direction.Slowly lift your right arm so that both your arms are parallel to each other.Balance your body weight on your left leg.You can feel the pressure building up on your buttocks and back area once you achieve proper balance.Slowly lower your right leg and then your arms while exhaling.Repeat the process on both sides at least five times.12. Paschimottanasana Yoga or Seated Forward Bend: SaveLevel: Medium-level.Workout Time: Early in the morning on an empty stomach.Muscles Worked: It works well on the Vertebral column, shoulder, and hamstring.Steps:Sit on your mat with your spine erect.Spread your legs forward and keep them straight.Stretch your leg muscles by bending forward, and touching your heels with your fingertips.Maintain the pose for at least 20 seconds.Come back into the sitting position slowly.Perform this stretch three to four times initially and increase gradually.13. Ardha Matsyendrasana Yoga or Half-Fish Pose: SaveLevel: Expert level.Workout Time: Perform this pose either early in the morning or evening on an empty stomach.Muscles Worked: This pose helps strengthen your abs and oblique muscles and stretch your spine, increasing your flexibility.Steps:Sit down on the floor and fold your legs in front of you.Place one foot flat on the ground and another placed across it.Keep your spine straight and perform a half twist with your upper body.Place the elbow of your twisted arm on your knee.Stay in this pose for 10 to 15 seconds.Repeat the same process on the other side.14. Ardha Chakrasana or Half Wheel Pose: SaveLevel: Mid-level.Workout Time: You can do this pose early in the morning or evening on an empty stomach.Muscles Worked: Your abdominal and back muscles are strengthened with this pose.Steps:Stand straight, placing both hands on the side.Raise your hands upward and your palms facing the front.Slowly bend backwards as much as you can, keeping your feet firm on the ground.Join your palms together while you are bending backwards.Slowly hang your head without straining your neck.15. Triangle poses for weight loss: SaveLevel: Mid and expert level.Workout Time: Early morning or evening with an empty stomach.Muscles Worked: It tones your waistline and armpit area and affects the gluteus and hamstring muscles.Steps:Stand straight with a foot width between them.Place your hands perpendicular to your shoulders, opening up your arms.Hold your right leg with your hand and bend towards the right side from your waist.Lift your left hand, your palm facing the ceiling.Make sure to keep your left leg and hand as straight as possible and turn your face to the left side.Stay in the position for at least 30 seconds, building pressure in your arms, and calves.Repeat the same process on the other side.This article on power yoga for weight loss tries to highlight the benefits of Power Yoga. It is instrumental in losing weight and getting your body back in shape. Power Yoga strengthens your immunity and improves your metabolism. The Power Yoga poses highlighted in the article above help in fat reduction. Power Yoga is the best way to lose weight fast. If this article was helpful, let us know and share it with people who might benefit from it.Disclaimer: The information provided in this article is for informational purposes only and not a replacement for medical advice. Make sure you consult a professional before you start doing anything new, and the website is not responsible for any effect it may have on your body.FAQ:1. Can Everyone Practice Power Yoga?Ans: Power yoga is a perfect option for people who want to lose weight and feel sweating is the sign of an ideal workout session since it is not a healing yoga practice. Some of the people who should not practice power yoga without permission from their physician or under supervision are:If you are pregnant.If you have serious injuries.And, If you had surgery recently.If you have any disorders or severe health conditions.2. How Much Weight Can You Lose by Practicing Power Yoga?Ans: The amount of weight you lose by practicing power yoga varies from one person to another, their flexibility, and many other factors. But you will be able to lose weight healthily since it incorporates variations of asanas like sun salutations.3. How Frequently Can We Practice Power Yoga in a Week?Ans: Practicing yoga three to five times a week can be beneficial as a general rule of thumb. Make sure you dont rush and slowly ease power yoga into your daily routine. Gradually your body gets used to the practices you can increase the sessions. But be sure not to overdo it.

Yoga sequence for weight loss. Power yoga sequence ideas. What is power yoga for weight loss. Power yoga for weight loss 20 minutes. Is power yoga good for weight loss.