

4 Power Yoga Poses You Can Do Anywhere

If I can do them in Times Square, you can do them ANYWHERE.



James Farrell

FITBIE EXCLUSIVE June 24, 2014 | By Cathryne Keller | [Leave a Comment](#)

If you've ever taken a yoga class, you can attest that sometimes staying focused and "in the moment" is easier said than done. There are always plenty of opportunities for **distraction on the mat**: Mental to-do lists, fellow yoga students **downward dog**-ing much better than you, and even simple stuff like noises outside the studio doors. So I think I'll have your sympathy when I tell you that I was recently tasked with the ultimate test in practicing presence: Rolling out my yoga mat in Times Square.

Yep, at last Saturday's **12th Annual Summer Solstice in Times Square**, sponsored by Athleta, you could find me kicking off the official start of summer by twisting, planking, and posing with thousands of strangers in one of the most chaotic places on earth. To my surprise, though -- despite honking cars and gawking tourists -- I remained in the Zen zone for the majority of the session. I was so grateful to be taking part in such a unique experience on such a beautiful morning, that my inner yogi took over. Plus, my group was doing power yoga, which meant intense moves that required my undivided attention.

I will admit, though, that there was *one* distraction that kept drawing my focus away from my engaged core: the instructor's INSANE body. Bethany Lyons of **New York's Lyons Den Power Yoga** is capital-F FIT, y'all. And since yoga can have a reputation of being an "easy" workout that's all stretching and spirituality, I grabbed Lyons after her killer class to ask her how she sculpted her super-toned frame.

"Power yoga melds meditation and empowerment with a really physical practice, so, yes, for sure, you can get a kick-ass body by doing yoga," she told me. "You're using your body in a way that's bringing alignment, building strength, and working your core." (See Lyons' core for evidence.)

And unlike more traditional strength training sessions, Lyons points out that you'll also get the mental benefits that only yoga can bring. "I've just seen bodies TRANSFORM," she said. "People get stronger and lighter not only in their bodies, but in their being."

More from Fitbie: [The Ultimate Guide to Yoga Classes](#)

Convinced that you should add a yoga mat to your workout rotation? Here are Lyons' go-to poses to activate your muscles, get your blood flowing, and relieve tension in the process. Repeat the sequence as many times as your schedule allows, and your mind and body will thank you (again -- look at her ABS, guys.)



Power Pose: Cat & Cow

Begin on hands in knees with a neutral spine. With an inhale, tuck the toes, arch the back and look up. With an exhale, release the toes, hollow out your belly and tuck your head. Continue moving through "cat and cow" to warm up the body.



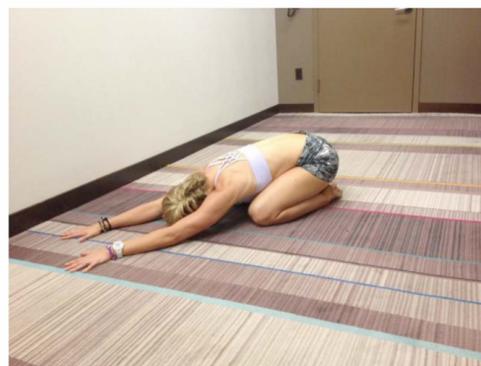
Power Pose: Side Plank

Begin with your right hand and right knee on the ground, and your left arm straight up and left leg extended (stay here if this is good for you). Extend the right foot to meet the left and look up. For an added challenge, with the left hand in a fist, bring the arm down to your chest and then twist all the way through.



Power Pose: Forearm Stand Prep

Begin in downward facing dog on your forearms. Bring the feet in towards your arms until your elbows and shoulders align. Lift the right leg off the ground and then the left. This pose engages the entire body, especially the core, while prepping you for shoulder stand.



Power Pose: Child's Pose

With arms extended, sit back so that your hips are between your feet. Breathe and relax here between poses, after your practice or anytime you need to take a breath.