

Need power? Try Core Power Yoga

Core power yoga is an energetic yoga exercise that physically and mentally challenges to help connect to inner power without stopping and accompanied by a heated, climate controlled Vinyasa. It heals, detoxifies and stimulates the body and mind through balance and intention.

Power yoga has created a dynamic, challenging program that combines strength, sweat and spirituality. It recognizes power in different levels; first is the physical power which develops the body's strength and improve health; second is the mental power or the will to concentrate on the practice; and last the spiritual power which is the power behind the physical and mental power.

Core power yoga is the Western version of the Indian Ashtanga Yoga. The term was given by Beryl Bender Birch, an Ashtanga Yoga teacher. It has been brought to the west by followers of Sri K. Pattabhi Jois, a renowned Sanskrit scholar who inspired Western Yogis with his Ashtanga Yoga Style and philosophies.

There are three programs in power yoga. "Core Power" is designed to strengthen abdominals and back and includes both abs-focused Vinyasa power yoga poses and variations of muscle-toning moves. "Unlocking Athletic Power" will develop flexible strength with an emphasis on abs, back, hips and pelvis. "Soul of Strength" on the other hand is a fast-moving power yoga program with a distinct "mid-body" emphasis and some very challenging moves.

Yoga sessions are done in a heated room and composed of different cardiovascular exercises intended to develop strength and flexibility, increase stamina, improves the ability to focus, release tensions and remove toxins through sweating.

Core power yoga practice also requires the execution of yoga poses. Poses are done in a fast pace, some poses are even held longer than the required five breaths. This practice can increase physical endurance and ability to focus on any task for a long time without breaking the concentration.

What is the difference between core power yoga and other exercises?

Core power yoga is a vinyasa style that has a unique program offering and focuses on core strength, balance and flow to build a solid practice based on strength and spirit. It offers diverse classes like Hot Yoga, Yoga Sculpt, Bootcamps, Teacher Trainings and Mat Pilates. Moreover, it provides better instructors that are personally involved in students' progress, strong and

forceful leaders who pays more attention to the students needs. Also the teachers of this exercise work with the students to personalize their programs and creating a sense of belonging and community. And lastly, it provides quality facilities equipped with a unique top tier amenities and a balance aura.

This exercise also offers great health benefits; this lengthens and stretches the muscles and at the same time it builds stamina, strength and lean muscle and mass. It also increases body heat that kills some bacteria and creates a finely tuned state of consciousness of the workings of the body. The focus of core power yoga is on the coordination of the breath movement, connecting the body, mind and spirit to the warmest level.

Core power yoga is best to those who want to improve their performance in their chosen sports like cycling, football, swimming, skiing, surfing, running/athlete, martial arts and other team sports. Some training grounds in sports practice this exercise in transition for aerobics.

Core power yoga can reshape your body and mind!