



POWER YOGA

BY GURU

WHAT IS POWER YOGA?

Power yoga definitely an intense workout that will make you sweat, a traditional asthanga, practice follows the same series of poses and makes you hold each for five breaths before moving through vinyasa.

Power yoga classes move with an even faster result.(Any type of yoga will improve your Flexibility)

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WHY POWER YOGA

*Power yoga strengthens your body increases flexibility and promotes stamina and weight loss as well as improving posture and balance.

* It also improve circulation and the immune system is good for your heart and strengthens your bones muscles and joints.

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CAN YOU LOSE WEIGHT BY DOING POWER YOGA?

“A cardio session may burn more calories. If your aim is weight loss and fat burn. 3 sessions of power yoga a week is a good addition to any routines”.

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BENEFITS OF POWER YOGA

A silhouette of a person in a yoga pose, standing on a rocky shore with their arms raised and hands joined in a prayer position. The background is a sunset over the ocean, with a bright sun low on the horizon.

***Better Posture**

***Improved bone health**

***Improved heart health**

***Lowered blood pressure**

***Improved balance**

***Relaxation and sleeping aid**

***Improved lung health**

***Reduced digestive problem**

***Eases your pain.**

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YOGA FOR SEVERAL BODY PAINS

KNEE PAIN

Those who suffer from weak knees on pain is there knees yoga is actually very beneficial certain postures help stabilize the knee and strengthen the muscles that support and hold the knee in proper alignment. Such as the vastus medialis, which runs down the inner quadriceps , muscle and helps to extend the leg, few yoga asana are : virasana malasana vtthita parsvakonasana .

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BACK PAIN

Back and abdominal muscles are essential components of the muscular network of the spine helping the body maintain proper upright posture and movement. When these muscles are well conditioned back pain can be greatly reduced or avoided.

MEDITATION

Meditation is a practice where an individual operates or trains the mind or induces a mode of consciousness to realize some benefits.

Benefits are

- *Meditation reduces stress
- *It improve concentration
- *It encourages a healthy lifestyle
- *It increases happiness
- *Practice benefits cardiovascular and
- *Helps to control thoughts

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HOW TO START YOGA TRAINING?

Know the client's health history.

What are my client's health issues?

Does my client have noticeable posture abnormalities?

Does my client have any chronic joint pain?

Choose 3 -5 poses to incorporate at the end of the session prior to static stretching.

What is the purpose of these poses?

Why are these poses appropriate for my client?

Hold each pose for 30-60 seconds, equivalent to 3 -5 deep yoga breaths.

Try to match the inhalation and exhalation starting with 5 seconds in and out, increasing seconds to reach a maximum goal of 8 or 10 seconds in and out.

As a yoga instructor and personal trainer, I find the integration of yogic practices beneficial for breath concentration, core strength and deeper biomechanical awareness in weight training. I hope you find success putting these techniques to use and helping my clients live their most fit lives.



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*YOGA IS THE JOURNEY OF THE SELF,
THROUGH THE SELF, TO THE SELF.*

*INHALE
THE FUTURE,
EXHALE
THE PAST.*

THANK YOU

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