



The Benefits of Core Power Yoga

The western version called Core Power Yoga was derived from Ashtanga Yoga. This form of yoga which is an energetic yoga exercise, physically and mentally challenges the body and mind to help connect to inner power without stopping. Beryl Bender Birch who was an accomplished Ashtanga yoga teacher named this western style as Core Power Yoga. It migrated to the west by followers of Sri K. Pattabhi Jois, a well known Sanskrit scholar who taught and inspired Western Yogis with his philosophies and style of Ashtanga. Core Power Yoga when practised properly has the ability to heal, detoxify and stimulate the mind and body through balance and intention.

the primary series 5 - 9 breaths per pose



Powering up the abdominals and back are two of the benefits and also includes both abs-targeted Vinyasa power yoga poses and variations of muscle-toning moves. This will take you to higher level of flexible strength with an emphasis on abs, back, hips and pelvis. Cardiovascular exercises are used to develop strength, flexibility and increase stamina which improves your focus; in turn this releases tensions and removes toxins through sweating. This style of Yoga focuses on the coordination of the breath movement which when practised properly connects the body, mind and spirit to the warmest level. The exercises done in this style of Yoga also give great health benefits; lengthening and stretching the muscles and at the same time building stamina, strength, lean muscle and mass. Cyclists, footballers, swimmers, skiers, surfers, athletes, the martial arts are just some of the sports that benefit [from Core Power Yoga](#). As you read this article you can see for yourself the fantastic benefits which can be had from practising Yoga. Strengthening of the body, mind and spirit is the right

of every living sole and what better way to achieve this but through the practise of Core Power Yoga. This style of yoga is of course a more advanced style and is not appropriate for beginners, so it is advisable to target the beginner's form of Hatha Yoga to get you to the levels of expertise to start practising Core Power Yoga.