



# Power Yoga: The Total Strength and Flexibility Workout

*Beryl Bender Birch*

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**Power Yoga: The Total Strength and Flexibility Workout** Beryl Bender Birch  
**THE OFFICIAL YOGA PROGRAM OF THE NEW YORK ROAD RUNNERS CLUB**

*Power Yoga* is a unique combination of dynamic breathing and strong, flowing movement, which creates a high-heat, high-energy workout. Unlike any other yoga program, *Power Yoga* is a choreographed sequence of postures that flow into one another, building strength, unwinding tight joints, and loosening muscles. Beautiful photographs and clear instructions guide you through this effective and popular routine.

Based on the classical and original yoga system called *astanga*, *Power Yoga* is a complete mind and body workout that develops concentration and reduces stress. With its focus on mindful breathing and body heat, *Power Yoga* goes beyond the relaxation benefits of traditional yoga to offer a route to health and fitness that athletes of all levels will embrace.

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