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How to gain Flexibility with power yoga by Carmela Turner

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In the 90â€™s Power Yoga gained much popularity in United States of America. This form of exercise is inspired by Ashtanga and Vinyasa styles. The main factor hat distinguishes this form from the other forms is that it focuses more on flexibility and strength of the body. This is done by using spiritual, mental and physical elements of the human body. Unlike other forms, this form focuses on the body more than meditation and spirituality. Flexibility is the main focus and this form of exercise makes your body flexible and fit. If you to wish to have a flexible body, learn how power yoga helps you gain flexibility.

â€¢ Firstly, you need to prepare yourself mentally that you are ready to learn this from of exercise. Not only mentally but also prepare yourself physically. It is not very gentle form like other in this style of exercise. It requires tremendous efforts from your body. The â€˜Surya Namaskarâ€™ is just one example.

â€¢ To gain flexibility, you must attempt every pose of this style of exercise with your full ability. When your instructor teaches you certain pose, at first you wonâ€™t be able perform it properly but try hard to perform that particular pose perfectly. These poses exercise every part of your body and make your body flexible.

â€¢ Practice is a must. You may not be able to perform certain pose perfectly at first. However, practicing that pose everyday will help attain perfection. The more you practice the more you polish your poses and gain more flexibility. With every practice, your body becomes more flexible and help to stretch your body to further limits.

â€¢ Regular practice is must. Practicing one week and then a break will not help your body muscles become flexible. If you take breaks the ligaments wonâ€™t stretch completely and wonâ€™t attain flexibilit

â€¢ Another very important and interesting factor of this form of exercise is that it will vary with every different instructor and different class. There are no standard poses, in this exercise form. Every class thus will teach it in their own style. You can opt fro such different classes so that you do not get bored. You will also learn new poses and these poses will provide flexibility to different pars of your body in different way.

Although it is all about stretching and flexibility, if your body feels some strain or is not comfortable consult your doctor. Do not continue performing power yoga in such situation it might lead to sever problems. Another advise would be that since this is not very simple form of yoga, it is better to learn it from a trained professional so that you do not mess up with the poses an hurt your body.

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