



# Power Yoga: Strength, Sweat, and Spirit

*Leah Cullis*

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## **Power Yoga: Strength, Sweat, and Spirit** Leah Cullis

Expand your energy and raise your sense of personal power with power yoga, the athletic and dynamic style of yoga that delivers high intensity and quick results. In *Power Yoga: Strength, Sweat, and Spirit*, you will learn the poses, practices, and philosophy of this fitness- and focus-boosting training method to strengthen your body and awaken your spirit.

This potent practice is a complete workout on its own, but it also offers tremendous benefits when combined with other workouts and sports. In addition to physical strength, stamina, and flexibility, the dynamic movements of power yoga challenge you to develop focus, balance, and purpose that extend to life beyond the yoga mat.

Dozens of warm-up, power, peak, and cool-down poses are presented in full color, and adaptations to modify or intensify each pose allow you to customize your practice for maximum effectiveness and safety. Sequences ranging from 5 to 60 minutes--including sport-specific sequences for running, cycling, team sports, and high-intensity activities--offer options that match your goals and lifestyle, and the 28-day plan can be adjusted into a plan that works for *you*, based on the results *you* want.

*Power Yoga: Strength, Sweat, and Spirit* is your vehicle for creating extraordinary physical and spiritual results that you will notice quickly and be able to maintain for a lifetime. Become your most powerful self with power yoga.

**CE exam available!** For certified professionals, a companion continuing education exam can be completed after reading this book. The *Power Yoga Online CE Exam* may be purchased separately or as part of the *Power Yoga With CE Exam* package, which includes both the book and the exam.

## **Power Yoga: Strength, Sweat, and Spirit Details**

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## **From Reader Review Power Yoga: Strength, Sweat, and Spirit for online ebook**

### **Shelley Talbot says**

I received this book from a Goodreads giveaway, but that does not affect my rating and/or review. I'm a beginner so I can't speak for more those advanced in yoga practice. This book has everything I was looking for. The first three chapters before you get to the poses are The Power of Yoga, Intention and Power Principles. The book then goes into specific poses which is the majority of the book. Each pose's description is divided into sections: About the Pose, Alignment and Modifications and Adaptations. Each pose section has very nice, easy to understand photos. I recommend this book.

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### **Meghan says**

I received this book as an advanced reader's copy because we are always on demand for yoga and stress relief material in our collection. I loved how this book was organized and the layout presented because the layout put the mind at ease which made it easier to read. Also, I loved the pose guide in the beginning and the pages in the book where they were explained because people have questions all the time about how the poses work and what they are meant to do for your body. I also loved the photos presented in the book in that they were easy to follow and were a good visual for the reader. This is why we give the book 5 stars!

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