

Power Yoga was born in the USA in the early 1980s (pioneers were Bryan Kest from LA and Beryl Bender Birch from New York, as well as Baron Baptiste from Boston). It has been developed for the modern western man of today. Power Yoga is able to bridge the gap between Eastern spirituality and Western dynamics. Power Yoga is the American interpretation of Ashtanga Yoga, a system of exercises taught by Sri K. Pattabhi Jois, in Mysore/India. Power Yoga is based on the principles of Ashtanga Yoga, but allows the use of modern sport medicine.