

Healthy Lifestyles

A Progressive Approach To Yoga And Health Attracts Celebrities

(TVA) — Many think of yoga as a way to promote focus, reduce stress and enhance flexibility. While there are many different kinds of yoga, the most demanding form of yoga includes exercises that are physical, fiery and powerful.

Power Yoga Comes Of Age

Mark Blanchard has become one of the best-known teachers of what's known as power yoga. Power yoga has long been touted for its stress-reducing, flexibility-enhancing benefits. And now experts say it can increase your metabolism and help you shed fat and calories as well.

According to Blanchard, losing weight while having fun is where his Progressive Power Yoga™ is different from other exercises. He says yoga helps you lose weight fast because it helps you change the way you think about your body and the foods you eat to fuel that body. Experts agree that power yoga burns more calories than kickboxing, pilates, jogging or spinning—about 800 per workout.

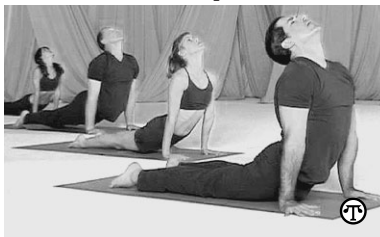
In addition, yoga is said to decrease your physical and mental stress levels, increase your focus, reduce weight post-pregnancy, combat pain associated with arthritis and aid the body in recovery after injury. Though it

Blanchard's Yoga Basics

- Just do it. He recommends three to five times a week for an hour and a half.
- Don't eat in the two and half hours before class. However, you shouldn't take class on an empty stomach, either. If you haven't eaten all day, Blanchard recommends a glass of juice to get your blood sugar up.
- Don't drink water during class. Hydrate before class.
- If you can't do a pose, don't get frustrated. "This is yoga practice, not yoga perfect," he says.



seems hard to believe that a 90-minute practice several days a week can wash a person clean of



Experts say it's possible to burn as many as 800 calories during a 90-minute power yoga workout

decades of negativity, it often initiates the process. Today, more

than 17 million American women and men practice this ancient mind/body regimen for its life-enhancing benefits.

Celebrity Clientele

The success of Blanchard's program has even attracted a number of high-profile celebrity enthusiasts. Jennifer Lopez said it helped her "make a mystical connection between body, mind and soul," while NBA all-star Steve Smith called it "the most thorough workout I've ever done."

According to actor Andy Garcia, "it improved my strength, flexibility and most importantly, my golf game."

Charlie's Angels stars Drew Barrymore and Lucy Liu credit the program, which they both used to prepare for their demanding film roles.

Follow the program at home

Fortunately, for those who want to practice Progressive Power Yoga, but don't live near his Los Angeles area studios, Blanchard's website offers a number of instructional tapes & DVDs, apparel and merchandise to make home study possible.

To learn more about the Progressive Power Yoga system or to order instructional tapes or equipment, visit www.marksyoga.com or call 1-800-861-YOGA.