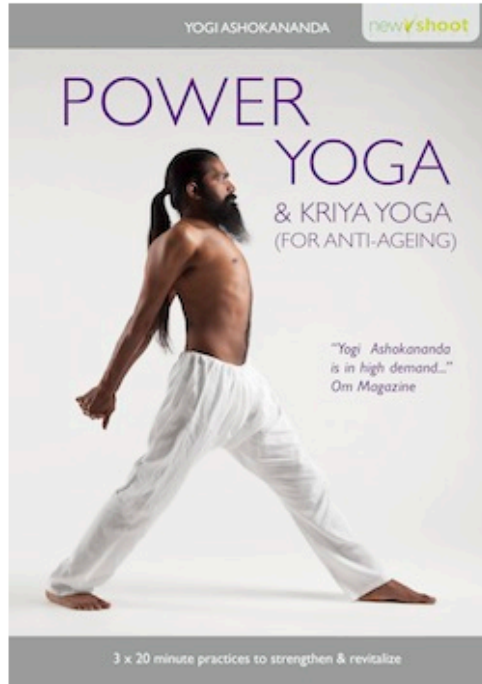


Health & Wellness In BC and Beyond!



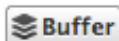
**Power Yoga & Kriya Yoga (For Anti-Ageing)** – Yoga and meditation master, [Yogi Ashokananda](#) created a series of unique practices that are rooted in the ancient wisdom of yoga and meditation, yet have been reformed to correspond with modern lifestyles. Divided into three twenty-minute sequences, each program can be played individually or in linear succession. Practice One – Strengthening: This is a firm yet supportive practice of yoga, working through the whole body, rejuvenating along the way through each pose. Practice Two – Kriya Yoga Anti Ageing: Kriya Yoga joins the motion of the physical movement in bodies with its dynamic power helping to become cognizant of one’s own creative attainability, reducing the aging process and expanding cardiovascular ability. Practice Three – Power Within: The focus of this specific power yoga practice is on endurance as well as consciousness of one’s capacity to love and respect their spiritual and physical self. Yogi’s power yoga DVD is helpful for those looking for a yoga practice focusing on authentic Indian traditions.



### About the Author: Taya

Taya Ng has written 155 posts on this site. She is the founder of Vancouver Yoga Review.

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