**Yoga Power**

Power Yoga is a regular series of positions, that you execute in a ‘flow’, starting with a series of sun salutations. Poweryoga is a dynamic and energetic form of movement, in which you develop balance, coordination, power and flexibility. Each muscle will be trained and shaped. It is effective, challenging and active. You can practice Poweryoga within your own physical capabilities. Poweryoga brings inner strength, focus and stability, which helps you deal with stress and tension better. Lessons take place during lunch and in the afternoon.