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### **The Power of Ashtanga Yoga: Developing a Practice That**

The vital life energy, prana, is controlled by the breath. In ashtanga yoga, ujjayi breathing (victorious breath) is used to enrich prana. By breathing through the nose, with the mouth closed, the breath is felt from the throat, producing a hissing sound. This sound of the breath keeps the mind focused.

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### **Yoga poses (Asana, poses, postures - Ashtanga vinyasa yoga**

Power yoga is a style of yoga created by Bryan Kest, in the late 80s. [41] [42] Baron Baptiste, a Bikram enthusiast, put his own spin on the style, and branded it. Neither Baron Baptiste's power yoga nor Bryan Kest's power yoga are synonymous with Ashtanga yoga.

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