

Aloha Friends!

Welcome to Power Yoga!!

I sincerely hope that these yoga products (videotapes, DVDs, CDs, etc.) become a huge asset towards your well being. I have benefited tremendously from yoga, and I'm really honored to be in a position to share it with others.

Special Note about Media with Yoga Routines

If you purchase media that has one of my hatha yoga routines, this is a vinyasa style hatha yoga class which means this is flowing, physical yoga. Power Yoga is the name I coined to describe an empowering class.

Please understand, yoga by its very nature is challenging. Yoga literally means "balance". In order to have balance one needs to expose the imbalance and move toward balance. Sometimes it's not easy to see and deal with our imbalances so things get challenging. As humans we tend to have the greatest opportunities for growth in the challenges we encounter. So please experience these challenges positively.

It's time to open, strengthen and awaken!

Please watch and/or listen to these videos or CDs once or twice before practicing and really take to heart the things I say. This class is not a contest between you or anyone you may be practicing with, or any of the students on the screen. It isn't even a contest between you and yourself. Forget about how loose and strong you used to be way back when. Give up any aspirations of how loose and strong you hope to be one day. Just be where you are! Make that o.k. Doing yoga correctly means not trying to get anywhere, but being where you are as fully as possible. You'll benefit immediately from videos or CDs by your effort regardless of how far or deep you get. As long as you are feeling it and you are breathing calmly, you're practicing correctly.

Please don't push too hard. These poses should hurt good, not bad. There has to be a sweetness to every pose. Nothing should ever be excruciating.

Occasionally or maybe more so you may notice yourself getting frustrated, judgmental, critical and reactive.

Use this safe environment to start working on these old habit patterns.

We are all quite attached to our bodies, so it is very natural for a lot of things to arise. Please know that calmness and self acceptance are at the very root of balance and health. Without this, a fitness regime is very superficial. Without this, we are building our whole house on a shaky foundation.

Whenever you catch yourself pushing too hard, realize you may not be accepting where you're at, and let it go! Whenever you catch yourself being self judgmental or critical, realize you are really lacking nothing, and it's actually the judgments and criticism that are keeping you down. Let it go! Whenever you catch yourself being reactive, let it go! Get calm, even if it means backing off.

Welcome to meditation in motion.

Just breathe!

Sincerely,

Bryan Kest

www.PowerYoga.com

P.S. Supplement these routines with some yoga classes in your area if available.

