

Summary

Title: Influence of power yoga on biological-mental-social function of a human

Goal of the work: The goal of the work is to find out and to write down the effects of power yoga on biological-mental-social function of a human.

Method: Evaluation of the information obtained by literary sources and practical experience. Gathering the data from the individual respondents by measuring somatic and functional point of view. Using questionnaires to representation of the influence power yoga on human in biological-mental-social context.

Results: Explain the problems of movement as mediate article between biological and social determination of a human.

Key words: Power yoga, postural function, respiration, movement, psychic state.