

ABSTRACT

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The bachelor's thesis deals with the use of power yoga in muscle imbalances. The theoretical part describes the history and principles of yoga. It explains the difference between yoga and power yoga, describes principles of power yoga, its indications and contraindications to exercise. It also states the effect of yoga and power yoga on the human body. It explains the concept of pranayama and divides asanas. It describes the theory of muscle imbalance, states the most frequently shortened muscles and reasons for their shortening. In the practical part is investigates the sample of 15 probands who have had only little or no experience with power yoga workout. The main focus of this thesis is to confirm the positive effect of power yoga on the muscle imbalances.