

Yoga Stratford

Yoga Stratford - It is usually thought that the yoga practice began in India, though it is not completely known when or where it began. A 2000 year old work referred to as The Yoga Sutra by Patanjali is the first written mention of the practice. Previous to this, yoga was an oral custom which was passed on from person to person.

Best known these days, yoga is an exercise system that focuses on strengthening and stretching the body through different asana poses and postures. The practice of yoga expands on far more than only exercise. Among the best reasons to take up practicing yoga is the holistic outlook on life it comprises in view of the fact that it works the spirit, body and mind. If you are interested in trying new kinds of exercise, than yoga is a great place to start. It provides a nice break from the treadmills, the pool and the weight rooms while not only exercising your physical being but provides a wonderful way to exercise your spiritual well being also.

There are numerous various yoga schools. Each and every type has its own unique practices and philosophies. No matter what kind you pick, yoga is an extremely diverse practice. It is an excellent combination of fitness and relaxation and people of whichever age could acquire lots of benefits from regular yoga practices and postures or asanas. There is no competitive nature connected with yoga in view of the fact that each and every person takes the pose to their own pace and ability. The asanas can each be adjusted to fit physical limitations and whatever complications.

There are the 5 most common schools of yoga in practice, yet there are many other distinct paths and schools that exist. Like for instance, Bikram Yoga is base on a set of habits and teachings of one specific instructor. The most popular 5 schools of yoga comprise: Tantra, Hatha, Ashtanga, Kundalini and Mantra Yoga.

The Hatha Yoga has been existing for many years and has become a very well-known variety of yoga. The focus of Hatha is the many methods for breathing, as well as numerous asanas and meditation aimed at perfecting the body and mind. One more well-known form of yoga is Ashtanga. This form is significantly much faster-paced as opposed to the different schools and regarded by many as an aerobic kind of yoga. Ashtanga Yoga is distinguished by the quick, smooth transitions between poses.

Kundilini Yoga is based upon awakening and channeling kundalini energy. Kundalini energy is life energy which lies dormant inside the human body. It is often represented by a coiled snake. Mantra Yoga is another popular school that is focused on soothing the body and the mind by making use of sounds and words. It is common to hear the popular "Om" in this particular school.

The very last of the 5 most popular yoga schools is Tantra Yoga, that has its focus on improving sexual spirituality. Tantra even focuses on Kundalini energy as well but their objective for awakening it is much different compared to people who practice Kundalini Yoga on its own.