

## Yoga St. John's

Yoga St. John's - It is commonly thought that the yoga practice started in India, although it is not completely established where or when it started. A 2000 year old work known as The Yoga Sutra by Patanjali is the first written mention of the practice. Previous to this, yoga was an oral custom that was passed on from individual to individual.

Yoga is best known nowadays as a type of exercise system which specializes in strengthening and stretching the body through several poses and postures called asanas. Yoga goes way beyond a simple exercise practice. One of the best reasons to take up practicing yoga is the holistic outlook on life it includes since it works the spirit, body and mind. If you are interested in trying new forms of exercise, than yoga is a perfect place to start. It offers a nice break from the weight rooms; the treadmills and the pool while not just exercising your physical being but offers a wonderful way to exercise your spiritual well being also.

There are many various schools of yoga. Each kind has its own distinctive philosophies and practices. Regardless which form you pick, yoga is an really diverse practice. It is an excellent combination of relaxation and fitness and people of whatever age can obtain a lot of benefits from regular yoga postures and practices or asanas. There is no competitive nature connected with yoga for the reason that each and every person takes the pose to their own pace and ability. The asanas could each be adjusted to fit physical restrictions and whatever complications.

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

Hatha Yoga is an extremely popular variety and has been normally taught for lots of years. Hatha focuses on using various breathing methods, numerous meditations and asanas for perfecting the mind by way of perfecting the body. One more well-known form of yoga is Ashtanga. This form is considerably much faster-paced as opposed to the different schools and regarded by many as an aerobic form of yoga. Ashtanga Yoga is distinguished by the quick, smooth transitions between poses.

Kundalini Yoga is a school that is focused on channeling and awakening what is called kundalini energy. This energy is most simply described as life energy which lies dormant in our bodies. It is often represented by a coiled snake. Mantra Yoga is another popular school which is focused on calming the body and the mind by utilizing words and sounds. It is common to hear the well known "Om" in this school.

The very last of the 5 most well-known yoga schools is Tantra Yoga, that has its focus on enhancing sexual spirituality. Tantra also concentrates on Kundalini energy as well but their intention for awakening it is much different than those who practice Kundalini Yoga on its own.