

Yoga Regina

Yoga Regina - It is usually believed that the yoga practice began in India, even though it is not entirely known when or where it began. A 2000 year old work referred to as The Yoga Sutra by Patanjali is the original written mention of the practice. Prior to this, yoga was an oral practice that was passed on from individual to individual.

Yoga is best known today as a kind of exercise system which concentrates on strengthening and stretching the body through different poses and postures referred to as asanas. Yoga goes way beyond a mere exercise routine. Among the best reasons to take up practicing yoga is the holistic outlook on life it comprises because it works the mind, spirit and the body. If you are interested in trying new forms of exercise, than yoga is a perfect place to begin. It offers a nice break from the pool, the weight rooms and the treadmill while not just exercising your physical being but offers a great way to exercise your spiritual well being as well.

There are many yoga schools, each of them having their own philosophies and practices. There are several diverse alternatives of yoga regardless which school you prefer. It is a great combination of fitness and relaxation and people of whatever age can obtain lots of benefits from regular yoga postures and practices or asanas. There is no competitive nature connected with yoga for the reason that every person takes the pose to their own ability and pace. The asanas could each be adjusted to fit physical restrictions and any complications.

There are 5 common schools of yoga, even if there are other schools and paths which have been established with many variations that are not listed here. Several practices, like Bikram Yoga are based upon a certain instructor's teachings and habits. The most popular 5 yoga schools consist of: Kundalini, Mantra, Tantra, Hatha and Ashtanga Yoga.

The Hatha Yoga has been around for several years and has become a really popular type of yoga. The focus of Hatha is the numerous methods for breathing, as well as many asanas and meditation aimed at perfecting the body and mind. One more well-known type of yoga is Ashtanga. This form is considerably much faster-paced than the various schools and considered by many as an aerobic kind of yoga. Ashtanga Yoga is distinguished by the smooth, quick transitions between poses.

Kundalini Yoga is a school which is focused on channeling and awakening what is referred to as kundalini energy. This energy is most easily described as life energy which lies inactive within our bodies. It is usually represented by a coiled snake. Mantra Yoga is one more well-known school that is focused on soothing the mind and the body by utilizing words and sounds. It is common to hear the popular "Om" in this particular school.

Tantra Yoga is the last of the 5 well-known schools talked about here. It is popular for its focus on sexual spirituality. Tantra likewise focuses on Kundalini energy too but their intention for awakening it is much different compared to those who practice Kundalini Yoga on its own.