

## Yoga Kitchener

Yoga Kitchener - It is usually thought that the practice of yoga started in India, even if it is not completely known where or when it started. A 2000 year old work known as The Yoga Sutra by Patanjali is the original written mention of the practice. Previous to this, yoga was an oral tradition that was passed on from individual to individual.

Best known these days, yoga is an exercise system which focuses on strengthening and stretching the body via different asana poses and postures. The yoga practice expands on far more than only exercise. Amongst the best reasons to take up practicing yoga is the holistic outlook on life it includes since it works the body, mind and the spirit. If you are interested in trying new kinds of exercise, than yoga is a great place to begin. 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 schools of yoga. Each type has its own unique philosophies and practices. Regardless which form you choose, yoga is an extremely diverse practice. It is an excellent combination of fitness and relaxation and people of whatever age can acquire a lot of benefits from regular yoga practices and postures or asanas. There is no competitive nature associated with yoga since each individual takes the pose to their very own pace and ability. The asanas can each be adjusted to fit physical restrictions and any complications.

There are 5 common schools of yoga, although there are different paths and schools which have been established with numerous variations that are not listed here. Several practices, such as Bikram Yoga are based upon a certain instructor's habits and teachings. The most popular 5 schools of yoga include: Mantra, Tantra, Hatha, Ashtanga and Kundalini Yoga.

Hatha Yoga is a really well-known type and has been usually taught for many years. Hatha concentrates on making use of various breathing techniques, numerous asanas and meditations for perfecting the mind by way of perfecting the body. One more well-known kind of yoga is Ashtanga. This kind is considerably much faster-paced than the various schools and considered by many as an aerobic type of yoga. Ashtanga Yoga is distinguished by the quick, smooth transitions between poses.

Kundilini Yoga is based on channeling and awakening kundalini energy. Kundalini energy is life energy that lies dormant in the human body. It is usually represented by a coiled snake. Mantra Yoga is one more well-known school which is focused on soothing the body and the mind by using sounds and words. It is common to hear the popular "Om" in this school.

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