



SupraSM

HEALTH & WELLNESS

Yoga has been around for thousands of years and continues to evolve. Essentially, everyone who teaches yoga has their own style and teachers are constantly putting a name to their style. These are some of the more popular and accessible styles.

Types of Yoga

Hatha Yoga: although generally thought of as a specific type of yoga, this Sanskrit term actually refers to the physical practice of yoga including: postures (asanas), breathing (pranayama), seals (mudras), locks (bandhas) and cleansing practices (kriyas). Ha means sun, and tha means moon. Any of the styles listed below are considered forms of hatha yoga. This style differs significantly from teacher to teacher. Some hatha classes will be gentle and slow, while others may be flowing and more strenuous.

Vinyasa Flow: A form of yoga that focuses on coordinating breath with movement. These classes tend to hold the poses for about 5 breaths and therefore move at a faster pace than some other classes. Classes also include connecting movements, also called vinyasas, between poses to build strength, focus and heat. Not suitable for beginners.

Ashtanga: A unique form of vinyasa yoga consisting of a set sequence of poses, a form of breathing called ujjayi, bandhas, and vinyasas – connecting movements between poses; ashtanga is a fun, energetic style of yoga. Sometimes referred to as Power Yoga.

Kundalini Yoga: An ancient practice designed to awaken the kundalini energy stored at the base of the spine. Breathing, postures, chanting and meditation are all used to stimulate this kundalini energy.

Iyengar: A very precise, methodical form of yoga. Particular attention is paid to the placement of the feet, hands, and pelvis as well as alignment of the spine, arms and legs. Classes tend to be slow to moderate and use many props designed to assist the student. This is probably the most recognized form of hatha yoga.

Bikram: A set of 26 postures with two breathing techniques. In this form of hatha yoga the yoga studio is typically heated to 105 degrees.

Yin Yoga: based on theories derived from Chinese medicine and taoism and the concepts of yin and yang. This type of yoga is characterized by long holding of passive poses for 3 to 5 minutes. This works the deep connective (yin) tissues of the body. Strengthens the flow of chi or energy and meridian system of the body. A great supplement to dynamic, more muscular yang forms of yoga.

Restorative yoga: similar to yin yoga in that poses are held for a long period of time, sometimes upwards of 20 minutes. Blankets, pillow, bolsters and other props are used to support the body in gentle poses such as twists, forward bends, back bends, etc. This type really helps reduce the cumulative effects of stress on the body and mind.