

## Yoga Charlottetown

Yoga Charlottetown - It is commonly thought that the yoga practice started in India, though it is not entirely known where or when it started. 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 ritual which was passed on from person to person.

Best known these days, yoga is an exercise system that focuses on stretching and strengthening the body via various asana poses and postures. The practice of yoga expands on far more than only exercise. Amongst the best reasons to take up yoga practice is the holistic outlook on life it includes because it works the spirit, body and mind. If you are interested in trying new forms of exercise, than yoga is a great place to start. It offers a nice break from the pool, the weight rooms and the treadmill while not only exercising your physical being but offers a great way to exercise your spiritual well being also.

There are various schools of yoga, each of them having their own practices and philosophies. There are numerous diverse choices of yoga regardless which school you prefer. It is a great combination of fitness and relaxation and people of whichever age could 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 very own pace and ability. The asanas could each be adjusted so as to fit physical restrictions and whichever complications.

There are 5 common schools of yoga, although there are various schools and paths that have been established with many variations which are not mentioned here. Various practices, like Bikram Yoga are based on a particular instructor's teachings and habits. The most well-known 5 yoga schools comprise: Tantra, Hatha, Ashtanga, Kundalini and Mantra Yoga.

Hatha Yoga is a very popular variety and has been normally taught for many years. Hatha concentrates on utilizing lots of 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 other schools and regarded by many as an aerobic kind of yoga. Ashtanga Yoga is distinguished by the smooth, quick transitions between poses.

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

The last of the 5 most popular yoga schools is Tantra Yoga, that has its focus on improving sexual spirituality. Tantra also focuses on Kundalini energy too but their goal for awakening it is much different as opposed to those who practice Kundalini Yoga on its own.