

## Yoga Kingston

Yoga Kingston - It is not entirely established where or when the yoga practice began. It is generally thought to have first began in India. A 2000 year old work known as The Yoga Sutra by Patanjali is the first written mention of the practice. Prior to this, yoga was an oral tradition which was passed on from individual to individual.

Yoga is best known these days as a kind of exercise system that concentrates on strengthening and stretching the body via various postures and poses known as asanas. Yoga goes way beyond a simple exercise practice. Among the best reasons to take up practicing yoga is the holistic outlook on life it includes for the reason that it works the mind, spirit and the body. If you are interested in trying new types 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 provides a great way to exercise your spiritual well being also.

There are numerous yoga schools, each of them having their very own practices and philosophies. There are lots of diverse options of yoga regardless which school you choose. It is an excellent combination of fitness and relaxation and people of any age can obtain several benefits from regular yoga postures and practices or asanas. There is no competitive nature connected with yoga since each individual takes the pose to their very own pace and ability. The asanas can each be adjusted to fit physical limitations and any complications.

There are 5 common schools of yoga, even though there are different schools and paths that have been established with numerous variations that are not listed here. Various practices, like for example Bikram Yoga are based upon a specific instructor's habits and teachings. The most popular 5 schools of yoga consist of: Hatha, Ashtanga, Kundalini, Mantra and Tantra Yoga.

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

Kundalini Yoga is a school which is focused on awakening and channeling what is known as kundalini energy. This energy is most simply described as life energy that lies dormant in our bodies. It is normally represented by a coiled snake. Mantra Yoga is another popular 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.

Tantra Yoga is the very last of the 5 well-known schools talked about here. It is well known for its focus on sexual spirituality. Tantra likewise concentrates on Kundalini energy too but their objective for awakening it is much different than individuals who practice Kundalini Yoga on its own.