

Yoga Vancouver

Yoga Vancouver - It is commonly thought that the yoga practice started in India, even though it is not entirely known where or when it began. A 2000 year old work called The Yoga Sutra by Patanjali is the original written mention of the practice. Prior to this, yoga was an oral ritual which was passed on from person to person.

Best known nowadays, yoga is an exercise system that concentrates on stretching and strengthening the body via several asana postures and poses. The practice of yoga expands on far more than only exercise. Among the best reasons to take up practicing yoga is the holistic outlook on life it involves as it works the spirit, body and mind. If you are interested in trying new kinds 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 only exercising your physical being but provides a wonderful way to exercise your spiritual well being as well.

There are many various schools of yoga. Each kind has its own distinctive philosophies and practices. No matter what type you choose, yoga is an very diverse practice. It is an excellent combination of relaxation and fitness and individuals of whatever age can gain several benefits from regular yoga practices and postures or asanas. There is no competitive nature connected with yoga as each individual takes the pose to their own ability and pace. The asanas could each be adjusted to fit physical limitations and whichever complications.

There are the 5 most common yoga schools in practice, yet there are hundreds of other distinct paths and schools that exist. For instance, Bikram Yoga is base upon a set of habits and teachings of one particular instructor. The most well-known 5 yoga schools comprise: Mantra, Tantra, Hatha, Ashtanga and Kundalini Yoga.

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

Kundalini Yoga is a school that is focused on awakening and channeling what is known as kundalini energy. This particular energy is most simply described as life energy which lies dormant within our bodies. It is often represented by a coiled snake. Mantra Yoga is one more popular school which is focused on soothing the body and the mind by making use of sounds and words. It is common to hear the popular "Om" in this particular school.

The very last of the 5 most popular yoga schools is Tantra Yoga, which has its focus on improving sexual spirituality. Tantra likewise concentrates on Kundalini energy too but their goal for awakening it is much different than individuals who practice Kundalini Yoga on its own.