

Yoga Kawartha Lakes

Yoga Kawartha Lakes - It is usually believed that the practice of yoga began in India, though it is not completely established where or when it began. A 2000 year old work called 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 person to person.

Yoga is best known these days as a form of exercise system which specializes in stretching and strengthening the body via various poses and postures called asanas. Yoga goes way beyond a simple exercise routine. One of the best reasons to take up yoga practice is the holistic outlook on life it involves in view of the fact that it works the body, mind and the spirit. If you are interested in trying new forms of exercise, than yoga is a perfect place to begin. It offers a nice break from the weight rooms; the treadmills and the pool while not only exercising your physical being but offers a wonderful way to exercise your spiritual well being as well.

There are various yoga schools, each of them having their very own practices and philosophies. There are numerous diverse choices of yoga no matter what school you choose. It is a great combination of fitness and relaxation and individuals of whichever age can acquire many benefits from regular yoga practices and postures or asanas. There is no competitive nature connected with yoga in view of the fact that each person takes the pose to their own pace and ability. The asanas can each be adjusted in order to fit physical restrictions and any complications.

There are 5 common schools of yoga, although there are other schools and paths which have been established with many variations which are not listed here. Some practices, like for example Bikram Yoga are based on a particular instructor's habits and teachings. The most popular 5 yoga schools include: Mantra, Tantra, Hatha, Ashtanga and Kundalini Yoga.

Hatha Yoga is a very popular form and has been commonly taught for a lot of years. Hatha focuses on using a lot of breathing methods, many meditations and asanas for perfecting the mind by way of perfecting the body. One more well-known type of yoga is Ashtanga. This form is considerably much faster-paced as opposed to the other schools and considered by many as an aerobic type of yoga. Ashtanga Yoga is distinguished by the quick, smooth transitions between poses.

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

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