

## Yoga Abbotsford

Yoga Abbotsford - It is not completely known when or where the yoga practice started. It is generally believed to have first began in India. A 2000 year old work called The Yoga Sutra by Patanjali is the first written mention of the practice. Prior to this, yoga was an oral ritual that was passed on from individual to individual.

Yoga is best known nowadays as a type of exercise system which specializes in stretching and strengthening the body through different poses and postures called asanas. Yoga goes way beyond a mere exercise practice. One of the best reasons to take up yoga practice is the holistic outlook on life it comprises because it works the spirit, body and mind. If you are interested in trying new forms of exercise, than yoga is a perfect place to begin. It provides a nice break from the treadmills, the pool and the weight rooms while not only exercising your physical being but offers a wonderful way to exercise your spiritual well being too.

There are numerous various schools of yoga. Each form has its own unique philosophies and practices. Regardless which type you choose, yoga is an really diverse practice. It is a great combination of fitness and relaxation and people of any age can gain numerous benefits from regular yoga postures and practices or asanas. There is no competitive nature associated with yoga because every person takes the pose to their own ability and pace. The asanas can each be adjusted in order to fit physical limitations and any complications.

There are the 5 most common yoga schools in practice, yet there are hundreds of various distinct schools and paths which exist. For example, Bikram Yoga is base upon a set of teachings and habits of one particular instructor. The most popular 5 yoga schools consist of: Mantra, Tantra, Hatha, Ashtanga and Kundalini Yoga.

The Hatha Yoga has been existing for lots of years and has become a very well-known variety of yoga. The focus of Hatha is the several techniques for breathing, as well as numerous asansas 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 form 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 that lies inactive in the human body. It is usually represented by a coiled snake. Mantra Yoga is one more well-known school which is focused on soothing the body and the mind by making use of words and sounds. It is common to hear the well known "Om" in this particular school.

The last of the 5 most popular yoga schools is Tantra Yoga, that has its focus on enhancing sexual spirituality. Tantra even focuses on Kundalini energy as well but their goal for awakening it is much different than individuals who practice Kundalini Yoga on its own.