

## Yoga Timmins

Yoga Timmins - It is commonly thought that the practice of yoga began in India, though it is not entirely known where or when it began. A 2000 year old work referred to as The Yoga Sutra by Patanjali is the first written mention of the practice. Before this, yoga was an oral custom which was passed on from individual to individual.

Best known nowadays, yoga is an exercise system that concentrates on strengthening and stretching the body through different asana postures and poses. The yoga practice expands on far more than just exercise. Among 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 spirit, body and mind. If you are interested in trying new kinds of exercise, than yoga is a great place to begin. It offers a nice break from the pool, the weight rooms and the treadmill while not just exercising your physical being but offers a great way to exercise your spiritual well being also.

There are many various yoga schools. Each type has its own distinctive philosophies and practices. Regardless which type you pick, yoga is an extremely diverse practice. It is an excellent combination of relaxation and fitness and people of whichever age can acquire several benefits from regular yoga practices and postures or asanas. There is no competitive nature associated with yoga as each and every individual takes the pose to their very own ability and pace. The asanas can each be adjusted to fit physical restrictions and whichever complications.

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

The Hatha Yoga has been existing for several years and has become a really well-known kind of yoga. The focus of Hatha is the many methods for breathing, as well as many meditation and asanas aimed at perfecting the body and mind. Another well-known type of yoga is Ashtanga. This kind is significantly much faster-paced compared 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.

Kundilini Yoga is based upon channeling and awakening kundalini energy. Kundalini energy is life energy which lies inactive within the human body. It is often represented by a coiled snake. Mantra Yoga is another 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 well known "Om" in this particular school.

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