

## Yoga Owen Sound

Yoga Owen Sound - It is usually believed that the yoga practice started in India, even if it is not entirely known when or where it started. A 2000 year old work called The Yoga Sutra by Patanjali is the first written mention of the practice. Before this, yoga was an oral tradition that was passed on from person to person.

Yoga is best known these days as a type of exercise system which concentrates on strengthening and stretching the body through various poses and postures known as 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 body, mind and the spirit. If you are interested in trying new forms 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 only exercising your physical being but provides a wonderful way to exercise your spiritual well being too.

There are many different yoga schools. Each and every kind has its own distinctive philosophies and practices. Regardless which kind you choose, yoga is an very diverse practice. It is a great combination of relaxation and fitness and people of whichever age can obtain lots of benefits from regular yoga postures and practices or asanas. There is no competitive nature associated with yoga because each individual takes the pose to their very own ability and pace. The asanas can each be adjusted to be able to fit physical limitations and whichever complications.

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

Hatha Yoga is an extremely popular kind and has been usually taught for numerous years. Hatha concentrates on making use of numerous breathing methods, many meditations and asanas for perfecting the mind by way of perfecting the body. Another well-known kind of yoga is Ashtanga. This form is considerably much faster-paced compared to the other schools and considered by many as an aerobic form of yoga. Ashtanga Yoga is distinguished by the smooth, quick transitions between poses.

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

Tantra Yoga is the last of the 5 well-known schools talked about here. It is popular for its focus on sexual spirituality. Tantra likewise focuses on Kundalini energy as well but their intention for awakening it is much different as opposed to individuals who practice Kundalini Yoga on its own.