

## Yoga Moncton

Yoga Moncton - It is generally thought that the yoga practice originated in India, though it is not completely known when or where it started. 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 custom that was passed on from person to person.

Yoga is best known these days as a type of exercise system which focuses on strengthening and stretching the body through different postures and poses referred to as asanas. Yoga goes way beyond a simple exercise routine. Amongst the best reasons to take up practicing yoga is the holistic outlook on life it comprises for the reason that it works the mind, spirit and the body. If you are interested in trying new types of exercise, than yoga is a perfect place to begin. It provides a nice break from the weight rooms; the treadmills and the pool while not just exercising your physical being but offers a wonderful way to exercise your spiritual well being also.

There are several yoga schools, each of them having their own philosophies and practices. There are several diverse choices of yoga no matter what school you prefer. It is an excellent combination of relaxation and fitness and people of whatever age could acquire lots of benefits from regular yoga postures and practices or asanas. There is no competitive nature associated with yoga as each and every person takes the pose to their own pace and ability. The asanas can each be adjusted in order to fit physical restrictions and whatever complications.

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

The Hatha Yoga has been existing for lots of years and has become a really well-known kind of yoga. The focus of Hatha is the many methods for breathing, as well as several meditation and asanas 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 quick, smooth transitions between poses.

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

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