

## Yoga Winnipeg

Yoga Winnipeg - It is not completely known when or where the yoga practice originated. It is commonly believed to have first started in India. A 2000 year old work known as The Yoga Sutra by Patanjali is the first written mention of the practice. Previous to this, yoga was an oral practice which was passed on from person to person.

Best known nowadays, yoga is an exercise system which focuses on stretching and strengthening the body via several asana poses and postures. The practice of yoga expands on far more than just exercise. One of the best reasons to take up yoga practice is the holistic outlook on life it comprises as it works the mind, spirit and the body. If you are interested in trying new kinds of exercise, than yoga is a great place to start. 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 also.

There are lots of schools of yoga, each of them having their own practices and philosophies. There are numerous diverse options of yoga no matter what school you select. It is a great combination of fitness and relaxation and people of whichever age can obtain various benefits from regular yoga practices and postures or asanas. There is no competitive nature associated with yoga in view of the fact that every individual takes the pose to their own ability and pace. The asanas could each be adjusted to be able to fit physical limitations and any complications.

There are 5 common yoga schools, although there are different schools and paths which have been established with numerous variations that are not listed here. Some practices, like for instance Bikram Yoga are based upon a specific instructor's habits and teachings. The most well-known 5 yoga schools comprise: Hatha, Ashtanga, Kundalini, Mantra and Tantra Yoga.

Hatha Yoga is a very popular kind and has been usually taught for numerous years. Hatha focuses on making use of numerous breathing techniques, many meditations and asanas for perfecting the mind by way of perfecting the body. One more popular type of yoga is Ashtanga. This form is significantly much faster-paced as opposed to the various schools and considered by many as an aerobic form 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 referred to as kundalini energy. This energy is most simply described as life energy that lies inactive in our bodies. It is normally represented by a coiled snake. Mantra Yoga is one more popular school which is focused on soothing the mind and the body by using words and sounds. It is common to hear the well known "Om" in this school.

The very 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 too but their objective for awakening it is much different as opposed to people who practice Kundalini Yoga on its own.