

## Yoga Brandon

Yoga Brandon - It is not completely known when or where the yoga practice started. 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. Before this, yoga was an oral ritual that was passed on from individual to individual.

Best known nowadays, yoga is an exercise system which focuses on strengthening and stretching the body through various asana postures and poses. The yoga practice expands on far more than only exercise. Amongst the best reasons to take up yoga practice is the holistic outlook on life it comprises as it works the spirit, body and mind. If you are interested in trying new types of exercise, than yoga is a perfect place to start. It offers a nice break from the treadmills, the pool and the weight rooms while not only exercising your physical being but offers a great way to exercise your spiritual well being also.

There are many different yoga schools. Each kind has its own unique philosophies and practices. No matter what form you pick, yoga is an really diverse practice. It is a great combination of fitness and relaxation and people of whichever age could gain several benefits from regular yoga postures and practices or asanas. There is no competitive nature associated with yoga in view of the fact that every person 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 the 5 most common schools of yoga in practice, yet there are many other distinct paths and schools that exist. Like for instance, Bikram Yoga is base on a set of habits and teachings of one particular instructor. The most popular 5 schools of yoga include: Mantra, Tantra, Hatha, Ashtanga and Kundalini Yoga.

The Hatha Yoga has been existing for numerous years and has become a very popular type of yoga. The focus of Hatha is the numerous methods for breathing, as well as several asansas and meditation aimed at perfecting the mind and body. One more popular form of yoga is Ashtanga. This form is considerably much faster-paced than the different schools and regarded by many as an aerobic type of yoga. Ashtanga Yoga is distinguished by the quick, smooth transitions between poses.

Kundilini Yoga is based on channeling and awakening kundalini energy. Kundalini energy is life energy that lies dormant in the human body. It is usually represented by a coiled snake. Mantra Yoga is another popular school that is focused on calming the mind and the body by utilizing words and sounds. It is common to hear the popular "Om" in this school.

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