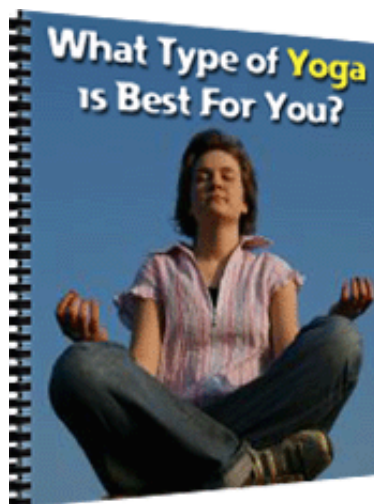


# What Type of Yoga is Best For You?

by Admin

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# [What Type of Yoga is Best For You? > Free Yoga Info Ebook](#)



## What Type of Yoga is Best For You?

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The Most Common Types of Yoga

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### **Yoga Techniques on the Loose**

If you are doing yoga, there are some yoga techniques you need to understand and apply. No one can run away and be free from major illnesses so the best way to get away with it is to exercise in order to maintain good health.

Yoga is considered to be the most effective way to stay fit and healthy. The best thing about it is you can have it at home or anywhere you want it. You also buy your time because you can do it any time of the day.

A lot of people prefer doing yoga to maintain a good and healthy life.

Fitness is important in doing yoga. Yoga techniques are helpful in maintaining good organs and other parts of the body such as the muscles, joints, glands, tissues and vital organs. These are the main focus of setting yoga techniques.

Here are some yoga techniques that you can practice during your yoga session. Despite your busy schedule or the crowded place you stay at, keeping up with these yoga techniques will help you go through it.

The five yoga techniques include: posture, relaxation, meditation, deep breathing and movement of joints. Each technique has its own role and function.

The movement of joints is called the 'sandhichalana'. This is one of the yoga techniques that focus on the joints. The joints undergo full movements which include the movement of the hands, movement of the neck and the movement of the lower limb.

In relaxation, there are some yoga techniques that will deepen your concentration and prevent your attention to be drawn easily. Rather, now withdraw at all.

The Hong-Sau is a Yoga technique that helps and focuses on the latent powers of your concentration. This technique helps you to release thought and fight all distractions so that you can concentrate on the problem you are targeting. This helps you to develop Divine Consciousness which is from within.

The Aum Technique expands your awareness which is beyond the limitations that your body and mind creates. This helps you maintain a powerful meditation and gives you to personal experiences of what Divine consciousness brings.

There are some ancient yoga techniques that you can apply. Although there are a lot of yoga techniques to choose from, applying these techniques might not be easy for you especially if you are a beginner.

In getting concentration during the yoga session, you can boost your awareness by thinking clearly of some creative ways on how you can be attentive in all

situations. You should be able to figure out what makes you feel tense and how to release it.

After the heavy day of work, you should find new ways on how to stay peaceful and calm. Concentration is your best tool and guide.

The main objective of these yoga techniques is how to create your awareness for a satisfying relaxation. You should be able to find out how to effectively release the tension inside your body and where to release it. In order to do so, your mind, body and spirit should be at a high level.

Techniques are of course helpful but these are just a matter of front if you can't apply it. The best way still is to have your own yoga techniques that will help you go through the process successfully.

### **The Most Common Types of Yoga**

There are so many different types of yoga today, and this a problematic situation for beginners. It is best to choose a form of yoga that is appropriate for each individual's level of fitness, physical and spiritual goals and health condition.

Some of the most common types of yoga are listed below and briefly explained to guide you in choosing the best type of yoga that you can start with.

**Iyengar Yoga:** these types of yoga are solely focused on the alignment and precise movements. Yoga props such as blocks and straps are usually used as part of this type of yoga for those beginners who are not as flexible as the experts as to compensate for injuries.

These Yoga props help assist all sorts of people to be able to do the poses comfortably.

Because of its attention to details and the flexible modification of poses, these types of yoga is often a good form of exercise for people with back pain or neck pain, as they are likely to benefit from the random alteration to the poses.

Practicing these types of yoga will give you a good knowledge on the classics in yoga poses so that whatever other style you practice, you will have the basic fundamentals on how to do each position.

In Iyengar yoga the teacher focuses more on alignment and inner awareness. This awareness starts with the body and expands to other parts of the self as one continues with the regularity of practice.

Ashtanga Yoga: these types of yoga are commonly called “power yoga” because it is focused on a powerful flowing movement.

Such movements include pushups and lunges, which deals with strength and stamina. These types of yoga are best for people who have successfully overcome back injuries and are looking for more challenging practice.

People who are already athletic such as runners, gymnasts and cyclists who want to add more balance and concentration to their routines are also utilizing these types of yoga.

Bikram Yoga: these types of yoga are also known as the “hot yoga” for this is done in a very warm room. These types of yoga are excellent tools for increasing flexibility because the heat helps tissue to stretch.

But keep in mind that these types of yoga are not applicable to those that have developed cardio vascular diseases due to the strain placed on the body when vigorously exercising in the heat.

Viniyoga: these types of yoga links breathe and movement in flowing exercises that are adapted to each individual. These are often a good form of yoga for

those with back problems or neck injuries because it can be easily adapted by anyone.

**Raja Yoga:** these types of yoga aims for liberation through meditation. These types of yoga are only for those people who are capable of intense concentration.

**Bhakti Yoga:** or commonly known as devotional yoga. These types of yoga focus on self surrender in the face of the divine.

**Mantra Yoga:** much more know as the "yoga of potent sound." These types of yoga aims at liberation through the verbal or mental repetition of empowered sounds, such as "om," "hum," or "ram."

There are so many yoga institutions to choose from. It is also a good idea that before going into a class, discuss with the teacher first regarding hi or her philosophy and beliefs in order to find the most appropriate and personally appealing form of yoga for you.

### **Staying Fit with Yoga Exercises**

Yoga exercises are the best way to free your mind and concentrate deeply. After you have experienced a stressful situation, your mind, body and spirit is stressed and fatigued.

The cause of these things might have been from the interaction with other people or something that have caused a frustration, anger, depression and disappointment. The feelings formed out of these circumstances should be released so that you will live a happier life with no worries.

One effective way and method to express your outpoured feelings and emotions is by doing yoga exercises.

When you feel like shouting out loud or cracking the television, you can instead release your tension through yoga exercises that are effective and helpful.

This type of strategy has worked in many ways for different people. Those who don't find enough time for themselves can do yoga exercises in order to relieve themselves.

Sometimes, work has caught us up so tightly that we don't find time to relax and express ourselves. Yoga exercises are the best remedy to this problem.

Yoga exercises can be applied and learned in school. There are some sessions that offer yoga practices. The yoga exercises you will learn in school can be performed at home.

In fact, you can learn some yoga exercises at home all by yourself. You will just have to need a television and a video tape. The video tape shows the steps and procedures for each yoga exercise.

The Hatha Yoga exercises are very appropriate for you. During a tired and heavy day, you can set a little time and devotion in doing yoga exercises. Remember that in doing yoga, you need to be consistent in practicing the yoga exercises so that it will soon take effect and you will notice little by little your body's improvement.

After doing the yoga exercises like the Hatha Yoga posture session, you need to relax in order for the effect of the postures take place. In this manner, the body will accumulate the effects.

Before doing the yoga exercises, you should first lay in a relaxed posture so you can focus well and not be distracted by outside forces. You will not feel pain or discomfort too.



Yoga exercises can be done at any time of the day as long as you are free. Although it chooses no time, still, the best time to practice it is in the morning. Before eating your breakfast, the mind is on its state of calmness and free from distractions. This is the perfect time to do the yoga exercises.

Before doing the yoga exercises, make sure that your heart is ready. It should not feel any pain or ego. It is important to keep a good heart so that your mind can work well.

The perfect place to do your yoga exercises is a quiet place. It should be well ventilated and free from all unpleasant things and smell. You should be free from all possible distractions.

Keeping a good stomach is also important so that you will feel good and your digestive system responses accurately. What you should do first is to empty your bowels and clear your noses from mucus. You should stay clean and fit.

Now that you have clearly understood the important reminders, you can start your yoga exercises and work your way out.

### **Yoga Moves You Should Know**

Madonna does it. Cameron Diaz, Reese Witherspoon, Katie Holmes and Janet Jackson also do it. These famous celebrities are working out the yoga moves. But this is not the reason why you should do yoga moves. The reason that you should try the classical yoga moves is simple: It will make you feel active with an over all good feeling.

Yoga is an ancient system of movements for personal development of the mind and body. Yoga practitioners viewed it as an all-encompassing lifestyle, emphasizing compassion, non-violence and inner peace. It consists of various yoga moves and poses.

With its gentle movements, yoga moves have been an ideal method for relaxation and body stimulation. Moreover, performing the yoga moves helps you stay focused and awake during your work day.

Like any exercise, you can do different yoga moves while seated at your desk. It also starts with the basics of breathing. However, there are some yoga moves that are difficult, but it's not necessary to twist your body into any pose that's not comfy for you.

Below are some of the easy to do yoga moves:

### 1. Downward- Facing Dog Pose

This yoga move is said to be the top dog of all poses. It starts with hands and knees. Spread your palms out with the pinkies about an inch from each side of your mat. Press your hips up and back. Slowly lower your heels toward the floor.

Your body should be in an inverted "V" shape. Breathe deeply, and concentrate on stretching your heels closer to the ground, contracting your stomach muscles and lifting your butt higher toward the sky. Make sure to keep your head in line with your spine by looking back toward your knees. Stay in this position for about a minute.

### 2. Tree Pose

This is a simple but powerful pose that needs balance and grace.

Stand straight with your legs together. Bend your left leg and place the left foot on the inner right thigh your left toes should point toward the floor and the left knee points out. With your hands on your hips, try and even them out so they are more-or-less level and your torso is facing straight ahead.

Once you feel balanced place your hands in a prayer position in front of your chest and then slowly lift your arms above your head, keeping the palms together. Gaze softly at a point in front of you and breathe deeply, holding for about 30 seconds. Return to the starting position and reverse legs.

### 3. Half Bridge Pose

Finally, this pose will help you improve your posture. Lie flat on your back with your arms at your side palms facing down, and knees bent with heels as close to your buttocks as possible. On an exhalation, push your feet and arms into the floor and lift your hips into the air so your butt rises off the ground and your thighs are parallel to the floor.

Do not clench your cheeks but rather concentrate on extending your knees toward the wall in front of you, keeping your thighs and feet parallel. Roll your shoulders underneath you so your arms move toward each other and clasp your hands together. Stay in this pose for about a minute, releasing on an exhale.

Practice these yoga moves for a few weeks, and see how much better you feel!

## Ashtanga Yoga: Is it Right for You?

Ashtanga Yoga is the type of yoga which was developed and founded by K. Pattabhi Jois. This type of yoga is known as the Eight Limb Yoga which has revolved in Pattanjali's enormous idea. It presented that the path of purification is made up of the eight spiritual practices.

The first four limbs that represent Ashtanga Yoga are--yama, niyama, Asana and the Pranayama. These are considered cleansing practices which are externally correctable. The other set of limbs which are the--pratyahara,

dhyana, dharana are the internal practices.

These limbs can only be corrected by the proper application of the Ashtanga Yoga method. This type of yoga method is quite dangerous to the mind.

K. Pattabhi Jois said that practicing these Eight Limbs and also its sub-limbs of the external practices which include the niyama and yama is not possible. In doing so, the body should be strong so that it can perform the practices well enough. If the body is weak, and the sense organs are not functioning well, practicing will never be useful at all.

This is a philosophy that K. Pattabhi Jois has applied, this is important to understand so that in doing the practice, you are sure that the body will improve and keep it stronger and healthier.

Vinsaya and Tristhana is practiced in Ashtanga Yoga.

The Vinsaya is a style that makes Ashtanga and its principles distinct from the others. Vinsaya means the movement and breathing which is used for the internal cleansing process. Each movement done is accompanied by only one breath. Sweat is the most important product of Vinsaya. When you produce sweat, it only means that you are successfully applying the practice. When you perform the Asanas, the body creates heat which causes your blood to boil and excrete the toxins outside of your body. The toxins are found in your sweat. So the more sweat you create, the more toxins are released.

The poses are used to fully develop the strength and health of the body. The series of practices make this possible. There are three postures used in Ashtanga Yoga.

The three are classified on different levels.

The first is the Primary Series which aims on aligning the body and also

detoxifying it.

The second is the Intermediate Series opening and cleaning the energy channels which comes to the process of purifying the Nervous System.

The last series would be the Advanced Series from A to D. in this series, the grace and strength is measured.

The Tristhana is another yoga principle which represents the union of the three places of action and attention. First is the posture, second is the breathing technique and last is the Dristhi of the Looking Place. All these three should work altogether to perform a function.

Breathing techniques are simultaneous and synchronized. It is important to make a single breath for one movement. Ujjayi Breathing is the Yoga Breathing Technique used in the application of Ashtanga Yoga. Applying this technique must be prolonged after every practice. What you need to master is holding your pose longer at the same time hold your breath. This is an amazing breathing exercise that will increase your internal fire and will strengthen the Nervous System.

Both Ashtanga and Tristhana deal with the series of Dristhi. The Dristhi is described as the point on which you gain your focus or attention while doing the Asana. This enables your mind to be purified and stabilized clearly.

Setting the mind clear and cleansing it can only be done in the Eight-Limb Yoga or Ashtanga Yoga.

## **An Introduction To Bikram Yoga**

Most people have a passing knowledge with what Yoga is, or think they know about what it sets out to achieve. But until you have tried Yoga it is impossible

to know whether you have the type of personality that can truly excel under it's influence. Yoga, quite simply can be a life changing experience and the discipline and mental strength that result from it can completely change your perspective and world view.

One method of Yoga which is currently very popular is know as Bikram Yoga. Bikram Yoga, often referred to as 'hot yoga' follows the Bikram Yoga Method. As with all Yoga it has multiple goals - to build your inner strength as well as your outer physical strength.

A vital component of Bikram Yoga is the flexibility and balance required to perform the exercises, and it is believed that this comes from mental strength as much as physical practice. The roots of Bikram are in Hatha Yoga, which is a healing form of Yoga that strengthens both body and mind.

The founder of Bikram Yoga was Bikram Choudhury, a yoga practitioner and innovator. After a weightlifting accident Bikram Choudhury was determined to recover and set about investigating the healing ability of practicing certain types of exercise.

The result was Bikram Yoga, which so many people found to be an effective method of healing that it's tenants were recorded and passed on as a new form of Yoga. Those who practise Bikram Yoga purely for it's healing benefits are plentiful, but there is also a strong holistic component, which is a key reason behind using Bikram Yoga for many of those who are regular users.

They key to success with Bikram Yoga is to develop the mental strength required to discipline yourself in it's use. If you can master this side of the Yoga then the physical benefits will be forthcoming. They have been proven by scientists including a group from the Tokyo University Hospital. The medical benefits are beyond question and have been shown to improve chronic ailments as well as greatly assist in the treatment and recovery of tissue injuries.

At the 1972 International Medical Conference the findings were presented and it was concluded that Bikram Yoga had the ability to assist in the recovery of internal tissue.

The explanation given was that the positions practised by Bikram Yoga replenish cells and assist in the lymphatic system flushing toxins from the body. In addition to the toxin drain the cells are assisted by higher oxygen flows during and after exercise.

Bikram showed that to get the best benefits from the exercise a healthy and well balanced body was important. When the body is weak, Bikram Yoga will have less affect in the healing process, which relies on correct balance and circulation.

Bikram demonstrated 26 exercises and recommended a regime, which was to be practiced every single day in order to best treat the body. Each posture exercise was developed based on a background of both Eastern and Western Yoga disciplines.

They all focus on the movement and pressure on muscles, nerves, ligaments glands and organs. The exercises are meant to be performed together and in sequence, because they are all inter-related to each other.

Bikram Yoga is low impact and can be performed by people of all different ages. The important component is the discipline required to perform the posture exercises every day for maximum benefit.

### **What You Will Learn in Bikram Yoga**

There are many reasons why you should use Bikram Yoga. The advantages of Bikram Yoga can totally change your life. It's amazing how Yoga can trigger your life and change your perspectives.

Bikram Yoga is widely known as the “hot yoga”. It was also called the Bikram Method Yoga. This aims to build your mental and physical strength. Improving your flexibility and balance is important and covered by Bikram Yoga.

Bikram yoga has roots in Hatha yoga which was designed to heal the mind and the body.

Bikram Choudhury was the founder of Bikram Yoga. He was a founder and a yoga practitioner. He developed Bikram Yoga after he met an injury in a weightlifting accident. He was so determined that he had discovered some healing benefits in practicing some exercises. A lot of people have proven the benefits of Bikram Yoga so the practice was passed on and many people continued to practice it.

Some people practice Bikram Yoga for healing purposes and physical therapy. This type of Yoga was proven helpful in bringing holistic benefits to those who believed and practiced it.

In fact, there was a patient who suffered from a knee injury. He tried to practice Bikram Yoga and just six weeks after continuous practice, his knees started to feel better. Some difficulties and pains that he suffered from were all disappearing.

In order to be successful with the healing process of Bikram Yoga, you need devotion in practicing it.

There are some people who do not believe in the benefits of Bikram Yoga. Bikram Choudhury developed Bikram Yoga with the help of some scientists. The scientists from the University of Tokyo University Hospital proved that Bikram Yoga has medical benefits. Some of its benefits include the repairing of tissues and helps in curing chronic ailments.

The findings and benefits were presented at the International Medical



Conference in the year 1972. It was stated that Bikram Yoga has the ability to affect the body internally.

The poses and pressure replenishes the cells and the flushing toxins in our body. It also oxygenates blood throughout our body keeping it clean and healthy.

While Bikram was on his research at Tokyo University, he discovered that the healing process takes place when all the body systems are functioning well, conditioned and strengthened. If the body is weak, applying the practice and healing method will be difficult to obtain.

Bikram has come up with twenty-six posture exercises which are to be practiced every day. In doing so, treatment in the body can be easily obtained. Some poses are accumulated with the combination of the western and eastern disciplines in Yoga which focuses on the stretching of the muscles, tendons, organs, nerves, glands and ligaments.

The different postures have connections and each of it precedes a posture that is helpful in treating the body effectively.

Anyone who wants to do yoga can use Bikram Yoga. It chooses no age at all. This type of yoga works with a tourniquet effect, which includes balancing, stretching and creating pressure which is all done at a same time to keep a good blood flow to all the parts of the body.

Thanks to Bikram Choudhury, we can now have solutions to some of our medical problems. Always remember that dedication and devotion to Bikram Yoga is the main ingredient to staying healthy.

## **The Principle Behind Christian Yoga**

Christian yoga is a spiritual practice of Christians most common in Eastern and Western Countries. It is a discipline that one practices to be much closer to God. Taking the path of Christian yoga can lead to healing of the mind and body. But perhaps even more important than that, it can lead to the discovery of what at the moment is only a potential within you.

Many of classes in the U.S teach the practice of yoga, the physical discipline that focuses on postures or asana, and employ no religious teaching at all. Other yoga teachers have training in yoga schools.

Practitioners say that Christian yoga fills a need for believers who want the health benefits of yoga but are put off by the practice's ancient Hindu roots. With this, it brings together the wonderful physical benefits of yoga within their spiritual beliefs.

The doctrines and practices of yoga date from the period of the Upanishads. The word yoga originated from Hindus, it is a religious practice of Hinduism that through the practice of certain disciplines one may achieve liberation from the limitations of flesh, the delusions of sense, and the pitfalls of thought and thus attain union with the object of knowledge.

Though developed in the ancient Hindu tradition, the movements of Christian yoga are so universal that they can adapt to or be adopted by any culture or spiritual path.

The yoga has been known for many years, and was practiced by some of the Early Christian during the persecution. The spirit and love that touched the Early Christian has been inherent from the men and women today. Christian yoga is about unfolding some of these wonderful possibilities each hold latent.

It is about possibilities so amazing that many early Christians were willing to die in support of keeping a doorway open for other people to claim them. Go into it and are transformed by following the Christian pathway, the Christian yoga.

In the Eastern belief, Christian yoga is not an Eastern postures or breathing techniques, rather the aim is to open to an influence that can transform and heal. Eastern yoga attempts to drop the ego, the Christian path aims at transforming the personality.

Christian yoga is described absolutely in the New Testament in the story of Jesus' life as an allegory. It is a step-by-step way of transformation and the finding of a new life. As Jesus promised, this "heaven," this new awareness of your life, is not far away. It is already yours if you know how to find it.

In Western, Christian yoga from its very beginning women played an important role in its practice and teachings. It is about universal processes of life, of mind and heart.

Christian yoga has garnered criticism, despite of its prevalence.

Many Christians says that Christian yoga is incompatible with Christianity, and emphasizing that it is not a religion in itself. Other says that there is no such as Christian yoga because it blends two different belief structure. Catholic priests in Mexico City instructed their parishioners not to attend Yoga classes because this practice would lead to other god's and Eastern religion beliefs.

Though critics have charged that yoga's ancient Hindu origins are incompatible with Christian faith, practitioners say the exercise is an ideal vehicle for spiritual reflection.

### **Need Power? Try Core Power Yoga**

Core power yoga is an energetic yoga exercise that physically and mentally challenges to help connect to inner power without stopping and accompanied by a heated, climate controlled Vinyasa. It heals, detoxifies and stimulates the

body and mind through balance and intention.

Power yoga has created a dynamic, challenging program that combines strength, sweat and spirituality. It recognizes power in different levels; first is the physical power which develops the body's strength and improve health; second is the mental power or the will to concentrate on the practice; and last the spiritual power which is the power behind the physical and mental power.

Core power yoga is the Western version of the Indian Ashtanga Yoga. The term was given by Beryl Bender Birch, an Ashtanga Yoga teacher. It has been brought to the west by followers of Sri K. Pattabhi Jois, a renowned Sanskrit scholar who inspired Western Yogis with his Ashtanga Yoga Style and philosophies.

There are three programs in power yoga. "Core Power" is designed to strengthen abdominals and back and includes both abs-focused Vinyasa power yoga poses and variations of muscle-toning moves. "Unlocking Athletic Power" will develop flexible strength with an emphasis on abs, back, hips and pelvis. "Soul of Strength" on the other hand is a fast-moving power yoga program with a distinct "mid-body" emphasis and some very challenging moves.

Yoga sessions are done in a heated room and composed of different cardiovascular exercises intended to develop strength and flexibility, increase stamina, improves the ability to focus, release tensions and remove toxins through sweating.

Core power yoga practice also requires the execution of yoga poses. Poses are done in a fast pace, some poses are even held longer than the required five breaths. This practice can increase physical endurance and ability to focus on any task for a long time without breaking the concentration.

What is the difference between core power yoga and other exercises?

Core power yoga is a vinyasa style that has a unique program offering and focuses on core strength, balance and flow to build a solid practice based on strength and spirit. It offers diverse classes like Hot Yoga, Yoga Sculpt, Bootcamps, Teacher Trainings and Mat Pilates. Moreover, it provides better instructors that are personally involved in students' progress, strong and forceful leaders who pays more attention to the students needs.

Also the teachers of this exercise work with the students to personalize their programs and creating a sense of belonging and community. And lastly, it provides quality facilities equipped with a unique top tier amenities and a balance aura.

This exercise also offers great health benefits; this lengthens and stretches the muscles and at the same time it builds stamina, strength and lean muscle and mass. It also increases body heat that kills some bacteria and creates a finely tuned state of consciousness of the workings of the body. The focus of core power yoga is on the coordination of the breath movement, connecting the body, mind and spirit to the warmest level.

Core power yoga is best to those who want to improve their performance in their chosen sports like cycling, football, swimming, skiing, surfing, running/athlete, martial arts and other team sports. Some training grounds in sports practice this exercise in transition for aerobics.

Core power yoga can reshape your body and mind!

### **Dahn Yoga for the Soul**

Yoga is widespread and is continuously being developed today. Millions of people around the world are into this activity. Its influence is vast and is constantly increasing. Of the so many forms of Yoga, hatha yoga is by far the most common form.

It involves both the breathing control mechanism and the physical exercise and postures combined. This exercise allows optimized blood circulation and improves one's flexibility, stamina, strength and vitality.

Moreover, it is also a form of peaceful mediation that contributes to self-awareness and gives an extra energy that makes you have a warm perspective of life. Various centers are located and established on cities to promote awareness.

However, one may not need a tutor or a teacher in order to learn or perform Yoga. One can simply look for a book or find an appropriate DVD or video to suit your need. Aside from hatha Yoga, there exists another kind of Yoga. It is known as Dahn Yoga.

It is also referred to as Dahn Hak or Dahnak. It started as an early form of Korean instruction program that aims to teach the people on how to expand and widen both the body and mind. For a certain period of time, it has been discovered that it had vanished but was later on rediscovered and its first center was established on Korea.

It was in 1991 that Dahn Yoga was brought into the United States. There are also existing centers there that have been established as time went by. Dahn Yoga does not only focus on the fitness aspects of Yoga.

It also educates the person on the principles and concepts on how the energy acts or moves in the body. It also teaches that ageing and weakening of the body is caused by stress. And removing stress will definitely improve one's health and prolong his life. They believe that one should know how to improve and develop that energy flow inside the body.

Through this, health is efficiently monitored and safeguarded. With Dahn Yoga, one must know how to communicate and correspond to his physical body.

They also believe that our body has its natural healing power. And this natural healing ability can only be achieved when one has stimulated that certain energy that connects the body to the conscious mind.

Through deep stretching, breathing methods and meditation, Dhan Yoga promotes physical, mental, and spiritual healing and to connect us into our spiritual selves. It promotes body relaxation and the discovery of inner consciousness.

It gives a life away and free from stress and anxiety and a life which has self-control and enhanced concentration.

Through meditation and breath work, energy is accumulated in the body. As a result, the functioning of the internal organs and systems in the body is enhanced.

Moreover, the toxins and possible threats of disorder is hindered in a way. Then the feeling of better physique and well-being is achieved. This, in turn, boosts self-confidence and positive thinking. A new self is realized and released from addictive behaviors.

By the integration of the body and mind, latent abilities are realized and goals are set. In addition, Dahn Yoga practitioners sometimes volunteer teaching and training without payment. Dahn Yoga is altogether a group that is willing to promote healthy well-being, a happy mind, and a peaceful community.

### **Have Some Hatha Yoga**

Hatha yoga is known as the 5000 year old system which was used to increase the healthy body, mind and spirit. People who do Hatha Yoga combine the stretching exercises of asanas into their practice. It includes the mental concentration and breathing techniques.

The Lotus position from Asanas is being used in practicing Hatha Yoga.

The goal of applying Hatha Yoga is just the same as using other kinds of Yoga. It aims to blend the human spirit with the peaceful spirit of the Universe. With this practice, the person doing the Yoga exercise increases their spiritual, mental, physical and emotional health and aspect.

Doing Hatha Yoga gives you peace and keeps your environment and the world as one. In doing yoga, including all types of yoga, concentration is the root or main ingredient for a successful yoga

All other types of Yoga have some similarities in one way or the other. The main focus of Hatha Yoga is to prepare the body to give in so that the spirit will be able to absorb and accomplish its mission. The spirit is responsible in lifting and enlightening. When the spirit is enlightened, the mind is relaxed and it throws away all stress and pain. The body does too.

Too many people get confused because they do not understand that if your body is not healthy and unfit; your spirit cannot successfully accomplish the task. So the goal of Hatha Yoga is perfect to apply if your spirit is weak.

Hatha Yoga will help encourage your body to move and advance positively to a level in which the spirit will be able to work properly. Your spirit and body needs to respond positively so that the mind will be able to keep up with a good concentration.

When people hear of the word Yoga, Hatha Yoga will come to their minds first. Hatha Yoga is popular and it is the popular branch of Yoga. In fact, the other style of yoga such as the Kundalini, Ashtanga, Bikram and Power Yoga has originated from Hatha Yoga.

Hatha Yoga is known as the vehicle for the soul. It is responsible for driving the body and the spirit into the universe. Just imagine soaring to the universe



and feel no gravity at all. That is just so relaxing and tempting.

Concentration is something that is hard to maintain and recover. If you find yourself easily distracted by outside forces, Hatha Yoga might work to fight it.

The best thing about practicing Hatha Yoga is that it helps you find out for your self that there is a divine light that shines in you. Not only does it enlighten you but it can help you become stronger, relaxed and flexible.

The exercise involved in doing Hatha Yoga allows the spiritual energy to flow through the open energy channels. This will be possible if the mind, body and spirit is working good and has harmony. Of course maintaining a healthy body is the most important of all. If your body is weak, your mind and spirit is affected too

When you practice Hatha Yoga, you can easily cope up with stress and relieve some pain and tension. Sometimes, work leaves you wasted and exhausted so you need to relax once in a while. Hatha Yoga is the best remedy to release that pain and tension.

### **The Evolution of Kriya Yoga**

Kriya Yoga is a process of mental purification that teaches meditation through techniques.

The fundamental belief of Kriya Yoga is that all of us are miniature version of the whole cosmos, a microcosm or an evolution of a new world within the microcosmic world.

The followers of Kriya yoga also believes that the most holy supreme creator is a part of us hiding beneath our body, and activating every action through the breath. The name Kriya is meant as any work “kri” is being done by the power of the indwelling soul “ya”.

The different cosmic forces controlling, air, fire, water and earth also controls the different activities that we do, namely, religious activities, relationship with everyone and everything, food, pregnancy, and everything performed by the human body.

Yoga on the other hand is the conjoining of these correspondences between microcosms and macrocosms. It is the full acceptance and belief behind the union and interaction of the individual self and the supreme self.

The study and science of Kriya yoga has a divine origin and was not created by human means and intellect.

The modernization for this ancient yoga meditation method has begun in the 1860's with Babaji and has been handed down to the present Kriya yoga lineage of masters directly through the Master to disciple method of teaching.

The disciplined path of Kriya Yoga consists of many different kinds of teaching with different angles to it. One looks at it as a process of beginning with self introspection through breathing controls.

It is also believed in Kriya yoga that that by enlightening the three qualities of light, vibration and sound simultaneously with proper concentration, posture and breathing through application of a series of techniques, a Kriya yoga disciple is able to penetrate the deepest levels of the unconscious mind.

Through this they can communicate with their inner gods and obtain a fulfilling calmness within them.

The process of purification is attained through diligent practice. The first thing to do is have the mind calmed and freed from any internal chatter by developing the practice of feeble breathing.

Then secondly the very process of observation of pulse rhythm and vibrations

in the body enables the seeker to extract the bondage of subtle desires

A deeper understanding of the triple divine qualities leads to a chiseled concentration or a focused mind, therefore preparing the seeker to explore thoughtlessness and inner truth.

All people are mired in the delusion and illusion due to the duality of creation. We are seeking liberation from the phenomenal suffering due to the miseries from ignorance, desire and faulty actions. One should be able to realize that the supreme creator is hiding within and as a self of all beings.

Kriya Yoga provides us with the easiest ways to unfold this lurking truth and unravel the deepest mysteries of godhood from within us. Kriya yoga teaches breath control and calmness and it aims for well self realization within one lifetime.

Kriya yoga is a non-sectarian group and teaches that work is worship and whatever you do is from and for the Supreme Being and creator. It teaches about the different beliefs of the origin, destiny and evolution of souls.

A Kriya Yoga disciple believes in direct and immediate spiritual experience and is only taught through direct contact with the teacher.

### **Kundalini Yoga and the Awakening**

The most powerful yoga is known as the Kundalini Yoga. It is powerful that it was called the mother of all the Styles of Yoga. This type of yoga awakens the base of our spine which is known as the Muladhara Chakra.

The word Kundalini was derived from kunda which means “pot”. Kundalini Sadhna is described to be the coiled energy that looks like a serpent which has three and a half coils which are resting at the bottom of the spine. The three

coils in Kundalini Yoga are known as the three Gunas which are the Sattva, Rajas, Tamas. The Vikritis represent the half coil.

In anatomy, the kundalini is found in the perineum region of our body. For the males, it is found between the testicles and the rectum. For the female, it is found between the clitoris and the vagina.

Kundalini Yoga is also known as the symbol of equality and power for both genders. The masculine power is known to be Siva and Sakti for the females. They become the elemental source of power and energy when they are united. The union of Siva and Sakti occurs in the brain which gives us the sense of feeling and affection, energy, love. This means Kundalini Yoga is good to eliminate the feeling of sorrow, depression, anger and jealousy.

Kundalini Yoga gives reward to Yogis who maintain unity awareness and spiritual transformation. The Kundalini produces a hissing sound when it is awakened. It sounds just like a beaten serpent as it goes from the Muladhara Chakra to the Brahma Nadi and to the Sahasrara Chakra.

In the year 1969, Yogi Bhajan introduced Kundalini Yoga. It includes the practices of the common Mantra, meditation, chanting, breathing and the classic poses. This type of yoga actually focuses more on chanting and breathing. It does not really concentrate in the Kundalini Yoga Poses alone. If you are curious about Kundalini Yoga, it is good to know the path it takes. One thing you need to understand is the Nervous System and the Spinal Cord. These two are the main focus of Kundalini Yoga. It targets your Spinal Cord and the Nervous System.

The Nervous System as we all know is the main control or the center of our body. The Nervous System is responsible for the imaginations, thoughts, intelligence and memory that we have. The Nervous System composes of the brain, the nerves and most especially the Spinal Cord which gives us posture and stand. The Spinal Cord is made up of delicate nerves and tissues that is why we need to take care of it. Kundalini Yoga will be the most appropriate

practice for this.

The infamous Kundalini awakening is not that easy to learn. It is also something that we can find or learn in books. If there was, you might be confused or perplexed in learning the process. If you want to master Kundalini awakening, it should be based on experience. After series of trials and sessions, you will find out that Kundalini awakening took place and it was all because you were just too eager and concentrated to learn it.

Now what you have to do is grab that amazing concentration and start working on your Nervous System and Spinal Cord. If you want to stay healthy and maintain a good posture, Kundalini Yoga is just waiting for you to practice it.

### **Tantra Yoga for the New Generation**

Yoga is very popular nowadays. With its various benefits, many are influenced to engage in this form of exercise and meditation. There are so many kinds of Yoga that are known and practiced by many as of today. One if this is Tantra Yoga.

Tantra yoga is more concentrated on the spiritual healing and most of all the integration of the body, mind, and spirit. In India, it is an ancient tradition that sexuality is an important and significant phase to be able to achieve a certain degree of enlightenment.

In Western religious norms, sexual pleasures and desires are not inclined or associated with spirituality. With these differences in traditions, there exists a fine line between their feelings and attitude towards sexuality along with spirituality.

However, in Eastern philosophy, they celebrate and rejoice on the splendor and glory of creation. And later on, they have developed a study or science for

understanding how to get most of this therapeutic and wonderful experience. Energy is known and considered to be the source of life in Tantra.

Furthermore, they consider the sexual energy and urge as great and sacred energy. There exists a few of the many exercises that help in the performance on the sexual aspect as well as some dietary adjustments. Some of these physical exercises include contractions, breathing and holding certain positions.

There are so many benefits that can be obtained by performing these various physical exercises. Some of these include improved prostate functioning and enhanced and improved sexual performance. Another benefit is improved sexual stamina when engaging in sexual intercourse.

There are also different kinds of exercises. Aside from the physical exercises, there are psycho-spiritual exercises. These exercises are ways to develop meditation on unconditional love and desire. As a result, this can make sexual activities less anxious and awkward, aside from that, the pressure to perform and move is minimized.

It is said that the most fascinating sexual experience is giving in completely to your partner or lover what he or she really wants. Expectations may be high so one must perform and must do something about it.

Through meditation and proper exercises, one can think of the various ways which he can satisfy his lover. When one is focused and concentrated on giving what your lover really wants is an experience which can strengthen your relationship with each other, moreover, you will receive the satisfaction you had always wanted. There are few exercises which can help you a lot I focusing on your sexual performance.

By repeating some mantras and chants together with breathing exercises and proper meditation, one can achieve these benefits.

There are also numerous ways to take your foreplay to the highest level. With healing massages and gentle stroking, one can receive a rewarding experience that can stimulate both physical and spiritual and healing in different ways.

Reiki or energy channeling healing is practiced before engaging in a sexual activity. This is known to heighten the sexual pleasure in an intercourse. It is an Eastern healing art where-by one partner channels his energy to the other.

Through tactile stimulation, healing is achieved and both the physical and spiritual aspect is enhanced. In this manner, both of you can achieve a deeper state of relaxation and meditation which is very helpful to couples and partnerships.

### **Tantric Yoga Knows it All**

Tantric Yoga highlights the exaltation of the physical being more than anything else.

Tantra is known to be the concept that arises out of this kind of commitment to oneself, which is the basis of Tantra. And the supporters of this side of belief are called tantrics. These people not only worship the physical state but also got to any degree to please the body to achieve occult powers.

As of this time, it is not widely practiced and used in India. And it survived only in some parts of India in the middle of the jungles and hills of the Himalayas.

However, there are many clashes about its origin and source. Some have researched and discovered that the Pre-Aryans are the originators and others transcribe it to the norms of the early people. It is known to have risen at the same time Buddhism was flourishing. And because of this, some Buddhists had incorporated and adopted some of the Tantric signs and symbols.

And later on, it has grown to form a faction or guild. Like the Vedas, Tantras are composed of collections of poems and verses that speak of the elaborate methods on the righteous and proper of worship and adoration.

Often, some people perceive them as obscure and mystical in sense that is usually addressed to the persons who perform or do tantric acts. These persons are usually, sadhakas. These Sadhakas live a very simple life. And the practice of Yoga is like a prayer for them.

He usually meditates in the lone and secluded places in the countryside far, far away from the madding society. His robes and his begging bowl distinguish him. He also sells medicine, shells, charms and herbal pieces.

This may be his good side but the other half lingers in vicious outrages and he inflicts austerities upon himself. The various positions of love-making and sex itself outline a significant principle of tantrism.

According to some, there is a way of acquiring sidhi. This is through practicing Kundalini or serpent's power. It says that in order to awaken the serpent, one must practice and perform a certain type of Yoga or mediation.

Through this, the serpent is said to arise gradually. With constant practice, the serpent uncoils and awakens which in return, explodes a vast from of energy. As the process continues, the skin is becoming hot and sweating occurs until a stinging sensation is achieved or experienced. Once this is attained, it is said to be so prevailing that it may destroy the person if not controlled.

Soon, it rises and when it has come to its limit or peak, one feels absolute pleasure. And once this is attained, he therefore becomes a sage or Sadhu. Tantrism also involves the dissipated way of acquiring supernatural powers.

It is said that in order to gain deliverance, one must do everything that he wants to do even though it is immoral or prohibited.



It is also said that some tantric yoga exercises aids and improves the general and sexual health. With healthy reproductive organs, one can have improved well being and it is favorable for sexual activities. It is like the respiratory system, which needs air to function.

There are various exercises, both physical and spiritual which helps in integrating the body, mind and spirit into one. These different exercises are good to start each day with and favorable before going to bed.

Through this, the physiological functions of the body are stimulated, therefore it revitalizes the whole well being of a person.

### Power Yoga: Powering It Up

We may not be familiar with power yoga as it is not fully introduced to us. Power yoga is known as the western version of Ashtanga Yoga which brought by the Indians.

Beryl Bender Birch was the one who gave the term Power Yoga. He was a teacher of Ashtanga Yoga and at the same time an author of Power Yoga.

Yoga was inspired and was brought to the west by the renowned Sanskrit Scholar Sri K. Pattabhi Jois. The people of the west were inspired with his Ashtanga Yoga and also his philosophies.

Power Yoga is described to be the the practice of Yoga Poses which is done continuously in a series of exercises without stopping. The practice is accompanied by the Vinsaya which is known as riding the breath. This enables you to make certain movements from one pose to another.

The power yoga is characterized by vigorous exercises which challenges your physical and mental ability and concentration. This enables you to reach your inner power and connect with it.

The difference of power yoga is that the poses are done faster in a pace. This

practice is essential and helpful in increasing your physical endurance.

Power yoga enables you to maintain and keep up a good focus at a longer time without breaking or distracting your concentration. If you need to fully concentrate with something, power yoga might just be the right type for you.

Power yoga has some similarities with the modified versions of Ashtanga Yoga. The certain practices of Iyengar yoga and Bikram also influenced power yoga.

Just like Bikram Yoga, notice that Power Yoga also applies the execution of the common basic yoga poses which is a good practice because even the beginners can do it.

Power yoga also adapted some practices of the Iyengar Yoga which gives emphasis on the form and alignment during the practice. It also includes practice in holding a pose longer without breaking which aims to achieve maximum benefits.

Although Power Yoga has been influenced by a lot of yoga types, still it aims on the steps of Classical Yoga. It aims to unite the body, the spirit and the mind uniquely. The main objective of yoga is for you to be able to connect to your inner power and to reach every level through the poses and practices.

With the help of power Yoga, you can dig deep to your physical, mental and spiritual power.

Power yoga is considered a good training for athletes. Not only does it train them to concentrate deeply but it also aids them in the prevention of injuries and rehabilitation that may come.

If you want to do Power Yoga, you should know first if your health condition can withstand the practice. You should know that Power Yoga is done in a heated room which is perfectly designed to increase the strength and flexibility, increase your concentration, release tension, stamina and tone in your body

which is achieved and released through sweat.

Power yoga can be taught by teachers but there might be some differences depending upon who is teaching it. The people who are healthy and fit can do and practice power yoga. If you enjoy doing exercises and if you want less chanting, power yoga is the best style for you.

### **Nude Aerobics Yoga: Take the Challenge?**

Nude aerobics yoga may sound vulgar, offensive and impossible but it exists. A lot of people may not practice doing this but there are some who would really prefer doing nude aerobics yoga.

Nude aerobics yoga may connote something not applicable to some culture and society. There are some places that might not respect that kind of practice.

They say nudity is healthy natural. Those who do nude aerobics yoga say that clothes keep them disturbed and it prevents the flow of air in getting inside the body. This may be funny but they really think it that way. For them, wearing clothes is like an excess baggage.

Some can't even perform yoga with their clothes on. If this is the case, a lot of people will be intimidated or perhaps be interested in doing nude aerobics yoga.

Somehow, this brings some negative effects in the people or group doing this kind of practice. Some might think that they will take nude aerobics yoga for fun and for some other reasons which goes beyond imagination.

Clothes are considered an art in yoga exercises. Without clothes, where would art take place? Did they say that the body is considered the art, not mentioning nudity?

Nude aerobics yoga is believed to be a clean exercise because people believed that wearing clothes invited and encouraged the proliferation of microscopic fungi and bacteria. This is acquired in warm and humid temperature and conditions.

When the temperature is warm, they are able to interfere with the natural body temperature of our control mechanisms. This makes some of the parts hotter than the others.

People who do nude aerobics yoga can freely sweat and not be absorbed by cotton. This may sound gross but they claimed that people who perspire in clothes smell bad. Sweaty clothes are not pleasing to our nose. That is a fact. But those who perspire naturally smell better.

Wearing shorts and trousers will raise the temperature of the testicles for the male. This then results to hinder the growth of sperm and the male hormones which reduces fertility. This can also cause impotence to both genders. Looking back to the early generation, nudity was our natural condition as they say. It was also added that nudity adds to the physical and emotional health of the individual.

The main reason why people love doing nude aerobics yoga is because it feels great. A lot of them have alleged the same reasons and they really stand for it. Nude aerobics yoga lets you express your natural emotions and let you speak for yourself. After all, its nice to feel the natural air slapping on your skin and feeling the sweat roughly come out of the inside.

At first it may be too cognizant to practice the nude aerobics yoga but once you get the hang of it, you will feel that it is nourishing and exfoliating. You will realize after that doing this exercise is not that gross as what you think. Later on you will feel its effect on your body and it wouldn't be surprising to see that your body has changed because you have bared it all.

It is now time to change your outlook in life and go on a different level. After you have experienced all the styles of yoga, try the nude aerobics yoga and have that nice feel.

### **Does it Really Mean Hot Yoga?**

There are a lot of yoga types and one of them is the famous hot yoga. The hot yoga is characterized by a series of yoga poses which is done in a heated room. The room where you perform the exercise is preserved at a temperature of 95-100 degrees. This kind of exercise gives off a lot of perspiration during a session because you are stuck in a heated room.

Hot yoga is advantageous because it cleanses your body and gets rid of the toxins inside your body. Since it makes your body warm, the more flexible it gets.

When doing the hot yoga, you should have some accessories like your yoga mat and towel. Since you will be sweating severely, you should have something to wipe up your sweat every other time.

Some people who practice hot yoga do not wear very thick clothes because it causes them to sweat more.

If you are going to practice hot yoga, you should be ready with your clothing. The clothes you should wear should be appropriate. You can wear shorts during the session.

Wearing of shorts allows your skin to breathe and give off heat. Students are the ones who usually wear shorts. They tend to wear small clothes because they are still vigorous and they sweat too much. If you are taking hot yoga sessions, make sure that you drink a lot of water.

If you are in the class, you can also bring along your own bottle of water so that you can drink anytime you want. It is important to bring along a bottle of water so that you will not get dehydrated and so that the skin will produce more sweat. Before having a hot yoga session, you should take note that it is not advisable to eat two hours before the class starts. This is because your body is not fit for a heavy exercise.

Bikram's method is such a good yoga style. People who want to be slim can practice this type of yoga because their fats and cholesterol will be burned through sweat.

Although it burns your fats, you should not be burning all of it because you still need some. Yoga started about 2500 years ago which was founded by Patanjali. After its discovery, it was then practiced and spread around the world. Picture yourself doing Yoga when you are suffering from illness like Fever where your body temperature is at 105 deg. Fahrenheit! I bet you couldn't stand this kind of heat. If ever you will, you have over fatigued yourself.

At the compassion of the disagreement is Choudhury's wish to put off anybody teaching yoga in a heated room from calling their class "Bikram Yoga." He would like to put to one side this title only for those teachers who are qualified by his Yoga College of India and who stick to his arranged process precisely. This has been handled upon because there are a lot of people who imitate his teachings.

Now that you have learned the difference of hot yoga among all other styles, think again if it satisfies your desire to release your sweat and excess toxins. Remember that in doing hot yoga, all your energy is taken away. If your body has not a single energy to waste, then hot yoga is not the perfect yoga style for you.

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