



YOGA

Discovering The Styles of Yoga And The Benefits Of a Yoga Practice – by Trina Curry, Forrest Yoga Teacher at Two Rivers Yoga Studio in Carnation.

A large, golden-brown pretzel with coarse salt, shaped like a heart, on a dark background.

**What image comes to
mind when you think of
yoga?**

Hatha Yoga

A woman with long brown hair, wearing a purple tank top and black leggings, is sitting in a lotus position on a blue yoga mat. She is looking forward with a focused expression. A man with short dark hair, wearing a light blue t-shirt and blue shorts, is also sitting in a lotus position on a blue yoga mat, slightly behind and to the right of the woman. He is also looking forward. They are in a large room with a wooden floor and mirrors in the background, which appears to be a gym or a yoga studio.

Refers to any type of yoga class that teaches postures.

Generally marketed as a beginning or gentler style.

Basic yoga poses are introduced and practiced.

Ashtanga Yoga

A woman with blonde hair, wearing a bright pink tank top and black leggings, is performing a yoga pose (Urdhva Dhanurasana, or Upward Bow Pose) on a pink mat. She is lying on her back with her knees bent and feet flat on the ground, lifting her hips and looking upwards. The background is a lush green field with dense trees.

Based on ancient yoga teachings, popularized and brought to the West by Pattabhi Jois in the 1970's.

A specific sequence and physically demanding style of yoga. Expect to sweat!

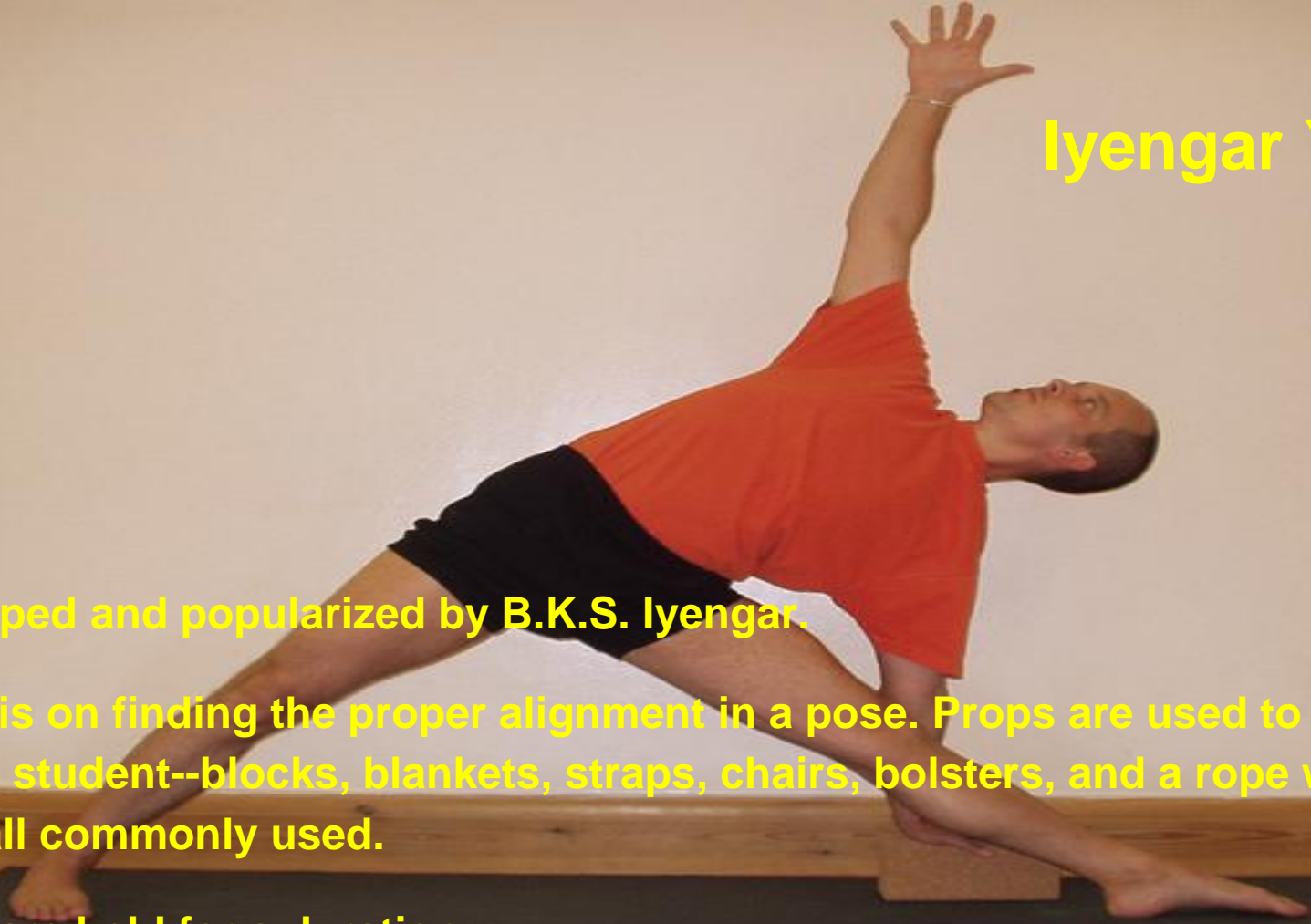
Always the exact same poses in the exact same order (for example, A series, B series)

Iyengar Yoga

Developed and popularized by B.K.S. Iyengar.

Focus is on finding the proper alignment in a pose. Props are used to help each student--blocks, blankets, straps, chairs, bolsters, and a rope wall are all commonly used.

Poses are held for a duration.





Anusara Yoga

Developed by John Friend in 1997

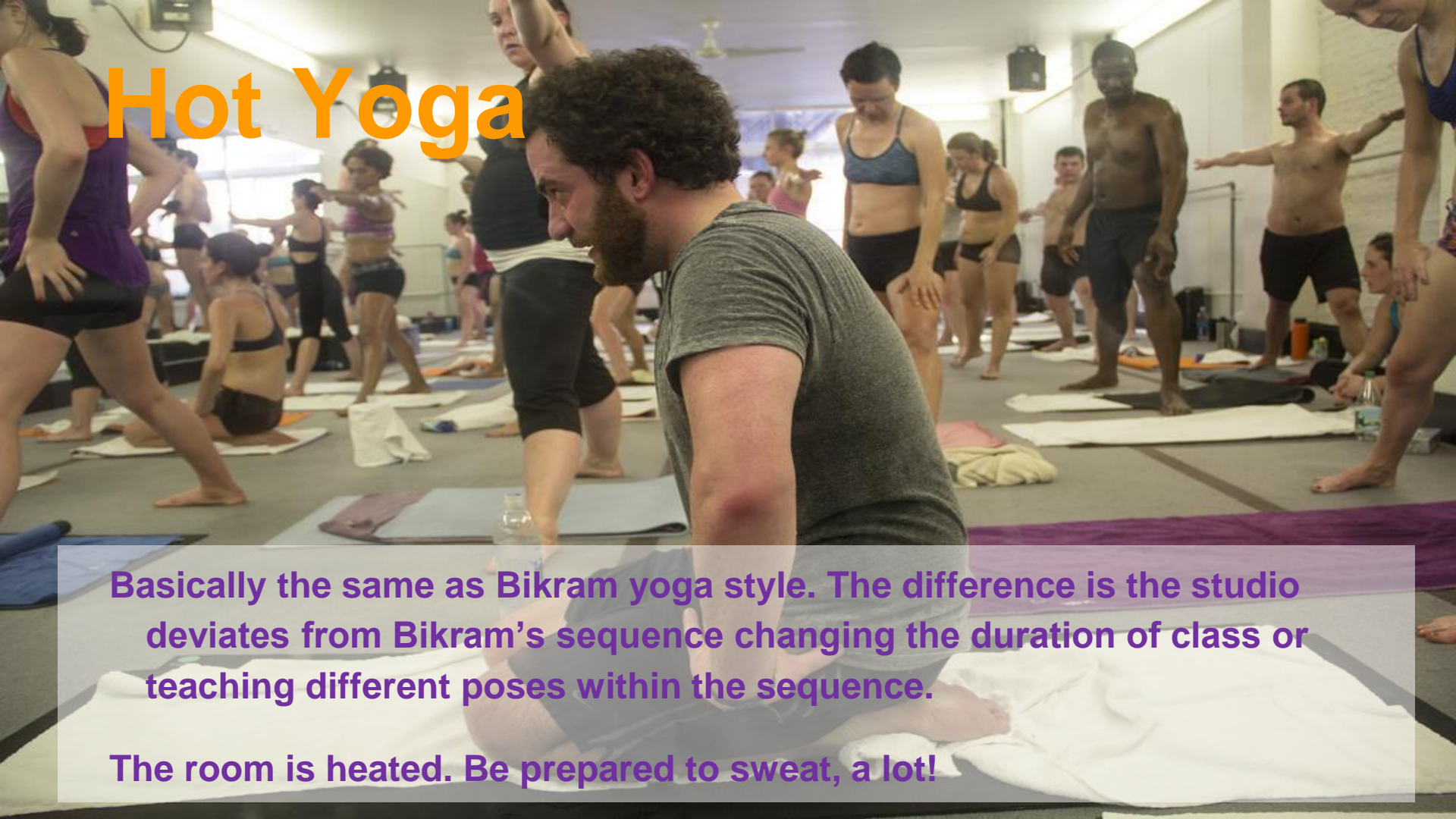
Based on the belief we are ALL filled
with intrinsic goodness.

A physical practice, specifically
sequenced to explore one of
Friend's Universal Principles of
Alignment, to help students open
their hearts, experience grace.

Bikram Yoga

- ❑ Brought to the West approx. 30 yrs ago by Bikram Choudhury
- ❑ Developed school of yoga where classes are purposefully heated to 105 degrees
- ❑ 90 minute class with a set series of 26 poses

Hot Yoga

A group of people are practicing hot yoga in a studio. In the foreground, a man with a beard and curly hair, wearing a grey t-shirt, is in a low lunge position on a white mat. He is looking down at his hands. In the background, other participants are in various yoga poses. The room is brightly lit with large windows on the left. The floor is covered with many mats, and some people are standing while others are on the floor.

Basically the same as Bikram yoga style. The difference is the studio deviates from Bikram's sequence changing the duration of class or teaching different poses within the sequence.

The room is heated. Be prepared to sweat, a lot!

Restorative Yoga

A person wearing black pants and a black long-sleeved shirt is standing on a green yoga mat. They are barefoot and have their hands on their hips. To their left is a silver folding chair. The floor is covered with a brown carpet. In the background, there is a white door and a wooden door. A blue shape is visible on the right side of the image.

Generally marketed as Yin Yoga.

Classes use props: bolsters, blankets, chairs, blocks, to prop students in passive poses.

Poses held for a duration of time so that the body can experience the benefits without having to exert effort.

Vinyasa Yoga

Vinyasa is the Sanskrit word for “flow”. This style is a fluid, movement-intensive practice. Each pose transitions smoothly from pose to pose.

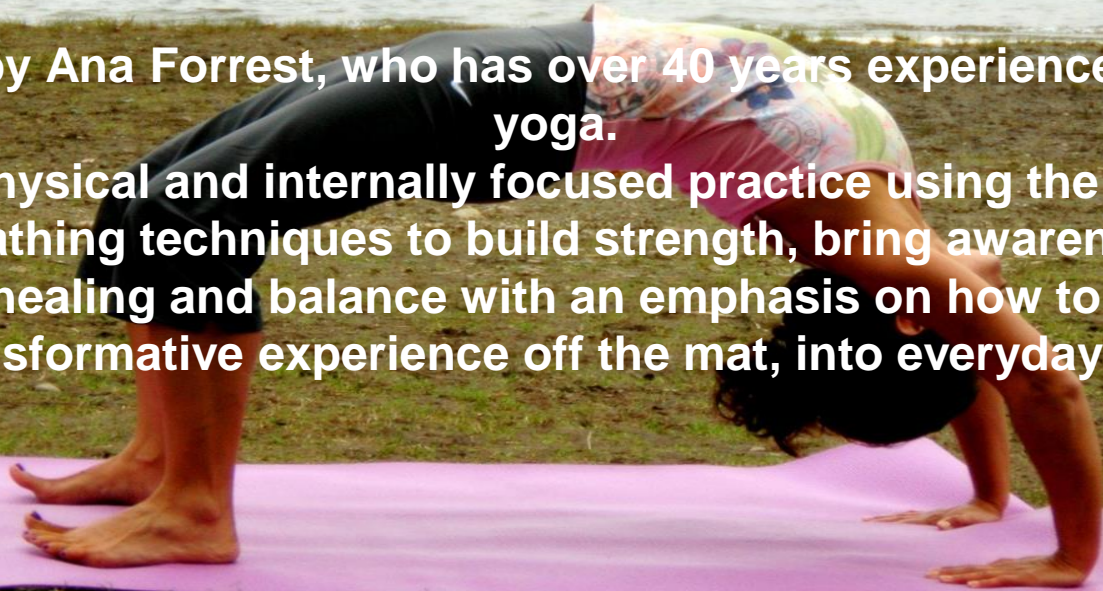
Most similar to Ashtanga style, except each class is different. There is no set routine and room is heated.

Can also be described as Power Yoga (created by Bryan Kest) or Baptiste Power Vinyasa Yoga.



Forrest Yoga

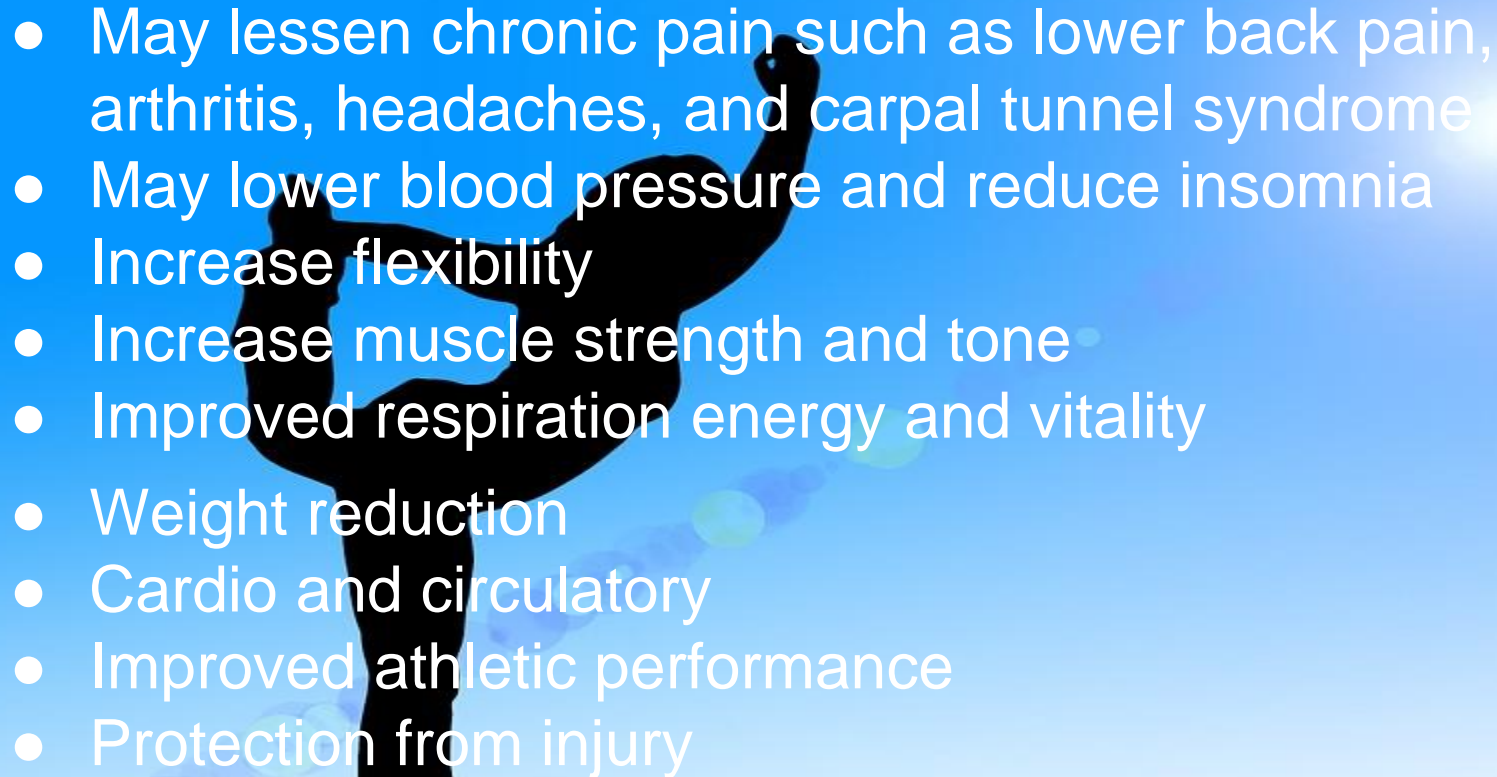
- Created by Ana Forrest, who has over 40 years experience teaching yoga.
- Intensely physical and internally focused practice using the yoga poses and breathing techniques to build strength, bring awareness, and promote healing and balance with an emphasis on how to carry this transformative experience off the mat, into everyday life.





The Physical Benefits Of Yoga



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- A silhouette of a person in a yoga pose, specifically a standing balance pose with one leg raised and bent, set against a bright blue sky. A bright sun is visible in the upper right, creating a lens flare effect. The overall image has a clean, minimalist aesthetic with a gradient background.
- May lessen chronic pain such as lower back pain, arthritis, headaches, and carpal tunnel syndrome
 - May lower blood pressure and reduce insomnia
 - Increase flexibility
 - Increase muscle strength and tone
 - Improved respiration energy and vitality
 - Weight reduction
 - Cardio and circulatory
 - Improved athletic performance
 - Protection from injury

The Mental Benefits Of Yoga

Stress Management

Mental clarity

Calmness

Increases body awareness

May relieve chronic stress patterns

Sharpens concentration

Centers Attention

Relaxes the mind



A person wearing a red cap, white t-shirt, black shorts, and a brown crossbody bag stands on a dirt path, looking out over a vast, hilly landscape. The landscape is covered in low-lying green vegetation and numerous winding, light-brown dirt paths that branch out in various directions. The sky is blue with scattered white clouds. The ocean is visible in the distance on the right side of the frame.

Which Path Will You Choose?

Two Rivers Yoga Studio
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425-333-4295



Resources

<http://www.kindspring.org/story/view.php?sid=63753>

<http://life.gaiam.com/articale/beginners-guide-8-major-styles-yoga>

<http://www.osteopathic.org/osteophathic-health/about-your-health/health-conditions-library/general-health/Pages/yoga.aspx>

[Yin Yoga.com](http://YinYoga.com)