



Yoga Styles

The word *yoga*—which, translated from Sanskrit, means *yoke* or *union*—describes the inextricable connection among body, mind, and spirit that is at the center of all yogic philosophy. Each school of yoga approaches that union from a slightly different angle. The following popular styles of yoga, with classes widely available across the United States, represent just a small sampling of the more than 100 schools of yoga that currently exist. Read on to discover the one (or more) that may be right for you.

TURN UP THE HEAT

Hot Yoga. One of the most strenuous forms of yoga, this style of yoga is exactly what it sounds like. A series of asanas (poses) is performed in a room heated to a very high temperature—up to 105 degrees Fahrenheit. Heat primes the muscles so you can extend deeper into each pose than you would otherwise be capable of. Be prepared to sweat—copiously.

Vinyasa. Also known as “flow yoga,” Vinyasa coordinates asanas with rhythmic pranayama (breathing) in a continuous sequence of movement. There are several specific schools of vinyasa yoga, including:

Ashtanga. This style aims to create heat in the body by working nonstop through one or more of its six asana sequences, each of which is incrementally more difficult than the previous one. Although the movement is continuous, students are encouraged to move at whatever speed feels right.

Jivamukti. This school incorporates vinyasa-style sequences with chanting, music, meditation, and spiritual readings for a comprehensive yogic experience. Beginners are taught standing poses first, followed by forward bends, backbends, and onward through the litany of classical asana categories.

FIND YOUR FOCUS

Iyengar. This style emphasizes intense focus on precise anatomical alignment. Students are taught to hold each asana long enough to become intimately familiar with how every part of the body contributes to the pose. Thus they gain a deeper understanding of exactly how each pose affects the body.

Viniyoga. This style of yoga is all about you. Viniyoga may combine asanas, pranayama, chanting, meditation, and/or spiritual education in an individualized practice specially designed for a person’s unique life stage, health concerns, and interests.

HEAL THYSELF

Phoenix Rising Yoga Therapy. In this yoga-based psychological/emotional therapy, a trained practitioner guides the client through a closely assisted series of asanas complemented by open-ended introspection and verbalization. The idea at the heart of this and other types of yoga therapy is that what we experience mentally and emotionally is imprinted on our physical bodies, and that physical challenge is often key to improving mental health.

Svaroopa. This restorative form of yoga focuses on the spine. Students are guided through variations of familiar poses specifically designed to achieve decompression of the spinal column and release of the muscles aligning and connected to the backbone, for a deeper, healing relaxation.

FLEX YOUR PHILOSOPHICAL MUSCLE

Kundalini. Aiming to achieve enlightenment and bliss, students of Kundalini combine asanas, dynamic pranayama techniques, mantras, and meditation. The practice focuses on drawing energy from the base of the spine up through the seven chakras—in yogic metaphysical tradition, the centers of vital energy in the body.

Sivananda. The practice of Sivananda extends beyond the yoga studio and is taught as a way of life. Philosophy and spiritual education are given equal weight with asanas, pranayama, chanting, and meditation, and most students keep a vegetarian diet.

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LIVES.
CURING
TYPE 1
DIABETES.

Consult your physician or other type 1 diabetes professional before beginning any yoga regimen.