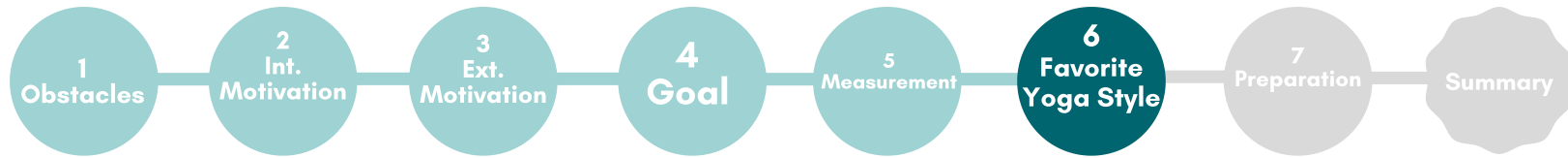


# DAY 6. FIND YOUR FAVORITE YOGA STYLE



Actually, there are so many different yoga styles (vinyasa yoga, hatha yoga, power yoga, yin yang yoga, Iyengar yoga, bikram yoga, kundalini yoga, etc.).

If you choose yoga you like and enjoy, you will benefit a lot from what you like the most. You will also be more motivated and more likely to move ahead with pleasure. You will no longer have to push yourself very hard.

How to choose the right yoga style that will benefit you? Choose your activity:

- ① According to what you want to achieve
- ② According to what you really like
- ③ According to how do you feel after the session

In this course, you can find answers to what you want to achieve and what you really like. But if you want to know which yoga style is your favorite style and how you feel after it, you should simply try it.



## SOME YOGA STYLES

### ◆ Vinyasa Yoga

This style of yoga is one of the most popular in the world today.

Vinyasa is a style of yoga where you move smoothly from one posture to another seamlessly, using breathwork.

Vinyasa classes offer a variety of postures and no two classes are ever alike. It's like a slow dance where every movement connects with each other. That's why sometimes this style is called Vinyasa Flow or Yoga Flow.

Breathing is also very important. In this practice Ujjayi breathing technique is commonly used. It is done by inhaling and exhaling in a rhythmic manner through the nose. The overall sensation is one of relaxation.

Vinyasa is a great option for beginners because it exposes to many fundamental poses, providing a general overview of yoga postures. The classes also usually involve a lot of repetition of the poses, so it does not get too overwhelming for new students and it can help beginners to learn the poses quickly.

Keep in mind that Vinyasa can also have its own level of difficulty, it is usually from 1 to 4, where 1 is Beginner level and 4 is Advanced-Intermediate level.



## ◆ Power Yoga

The structure of Power yoga is similar to Vinyasa yoga, where the movements connect with each other. The main difference is that Power yoga is a more dynamic and faster version, more intense and the focus is more on building strength.

In this style, teachers have more flexibility in terms of structuring classes and postures. Breathing technique is also used, but it is no longer as important as in Vinyasa yoga style, for example. In Power yoga, the main focus is the body, not breath.

Power yoga isn't an official type of yoga. Briefly, Power Yoga is a fitness-based Vinyasa practice and it is an excellent form of yoga for burning calories.

If you're comfortable in an intense fitness class environment and you have a decent level of fitness and are accustomed to working out for 60 minutes or longer, power yoga may be a good fit for you.

Also, Power yoga has the difficulty levels like Vinyasa yoga (from beginner to advanced level).



## ◆ YIN Yoga

Yin Yoga is a slower-paced yoga style. In Yin yoga, the poses are held for a long period of time (typically three to five minutes or longer). In this practice, there are usually fewer poses performed, than in other practices, due to longer holding of poses.

Yin postures are more passive postures, mainly done on the floor either seated or lying down. There is in fact no dynamic movement and usually no standing poses at all.

The key to practicing Yin Yoga is finding stillness in each position. The goal is to access the deeper tissues of the body, such as connective tissue and fascia.

Yin yoga is perfect for relaxation, to improve sleep and reduce stress and anxiety.

If you are new to yoga and aren't sure where to begin, Yin yoga can be a great option because of its slow pace.



## ◆ Kundalini Yoga

Kundalini yoga is more spiritual than other types of yoga. Kundalini yoga is also the yoga of deep awareness and transformation.

In Kundalini yoga practice, chanting, singing, movements, and breathing are commonly used in specific patterns.

Kundalini Yoga is taught in Kriyas and it's the main difference comparing to other styles of yoga. A kriya is a series of postures, breath, rhythm, and sound that work toward a specific outcome. Practicing a kriya initiates a sequence of physical and mental changes that affect the body, mind, and spirit simultaneously.

Kundalini Yoga is a transformative process involving powerful energy currents that affect body, mind and spirit. Therefore there is also another opinion that awakening the Kundalini energy too abruptly can cause mental and physical problems. In order to avoid destabilizing extremes, the transformation should be guided by a qualified teacher.



There are many other styles of yoga that are practiced in the world today. The only way to understand which type of yoga is right for you is to try it.

Many styles of yoga have common similarities and benefits. So no matter what you practice, the most important thing is that it suits you and you can feel all the possible benefits and achieve your goals.

If you are a beginner, my advice is to choose the most popular yoga style Vinyasa yoga. In these classes you will learn the basics of yoga, how to breathe correctly and most importantly, the classes are always interesting and dynamic.



## TASK 1. MY FAVORITE YOGA STYLE

- 1) Write down which yoga style seems most appropriate to you and which one you would like to practice.
- 2) Try this style of yoga and evaluate how you feel after it.