

# Yoga and Meditation

## **Hatha Yoga**

Hatha yoga is mainly practiced for health and vitality. It is a mind body exercise to remove stiffness in the body and create flexibility. Hatha yoga classes will provide you with a series of Asana (poses) and stretches, breathing practices and deep relaxation techniques for reducing stress. These techniques promote mental clarity and calmness as well as create an effective preventative health maintenance program.

## **Raja yoga**

This is the highest form of yoga. Raja means "royal," and the meditation route to Self-Realization is considered to be just this.

**Meditation:** Meditation is the art of listening with your total being. If one can learn how to really listen, one has learned the deepest secret of meditation. Meditation practices are techniques that encourage and develop concentration, clarity, and emotional positivism. By engaging with a particular meditation practice, one learns the patterns and habits of the mind, and the practice offers a means to cultivate new, more positive ways of being. With discipline and patience these calm and focused states of mind can deepen into profoundly tranquil and energized states of mind.

## **Ashtanga Yoga:**

Ashtanga takes its name from the eight limbs of yoga which include moral, physical and spiritual practices also known as power yoga. The yoga postures flow with an emphasis on strength and agility. Ashtanga yoga is also referred to as Flow Yoga or Vinyasa (series of poses). Ashtanga yoga, popularized by originator Pattabhi Jois, often appeals to the person who is fit or desires to become so quickly as it usually involves a challenging physical routine.

## **Tantra - The Sacred Weaving**

Tantra, perhaps the most popular and yet most misunderstood of yoga teachings today, is a vast ocean of ancient wisdom for enlightening the mind and the body. Tantrica, Tantra or Sacred Tantric Practice, in its purest form, describes both the process and methodologies for the resolution of all conflicts of opposites.

## **Kundalini yoga**

Kundalini is meditative techniques and movements within the yogic tradition that focuses on psycho-spiritual growth and the body's potential for maturation. The practice of Kundalini Yoga consists of a number of bodily postures, expressive movements and utterances, breathing patterns and concentration.

The practice of Kundalini Yoga gives special consideration to the role of the spine and the endocrine system in the understanding of yogic awakening. Recently, there has been a growing interest within the medical community to

study the physiological effects of meditation and some of these studies have applied the discipline of Kundalini Yoga to their clinical settings.

Take time out of your daily life to strengthen your mind, body and spirit.

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