

A close-up, artistic photograph of a person's hands in a yoga mudra (gesture). The hands are positioned with the index and thumb fingers touching, and the other three fingers extended. The person is wearing a gold bracelet on their right wrist. The background is a soft, out-of-focus warm light, suggesting a sunset or sunrise setting.

# Is yoga for you?

Yoga is an ancient Indian practice that engages the mind and body. There are many different forms of yoga, and the type you choose should suit your health and fitness goals. Check out these more popular types of yoga.

## **Hatha**

Hatha yoga is a general term for any type of yoga. But in general, hatha classes focus on perfecting and holding yoga poses and proper breathing. It can be relaxing, as it is generally slower paced. You may not get an aerobic workout from hatha yoga, but it can improve your strength, balance and flexibility. Hatha classes are usually geared towards beginners.

## **Vinyasa**

This is a faster-paced style of yoga that moves quickly from pose to pose, sometimes with upbeat music. You may work up a sweat and get a good cardiovascular workout. Before trying vinyasa, be sure you are familiar with basic yoga poses so you can follow along. It is often suitable for all skill levels, as the poses can be modified to fit your comfort and ability.

## **Bikram**

Bikram yoga, sometimes called hot yoga, is done in a heated room and is designed to make participants sweat heavily during the class. Bikram involves a set of 26 poses and two breathing exercises during a 90-minute class. Though it's a predictable sequence, the heat makes it a strenuous activity. Though studies haven't proven its safety or risks for sure, it is not right for everyone. Always ask your doctor before trying any kind of hot yoga. The excess heat may cause heat-related illnesses in some people.

## **Ashtanga**

This style uses the same six poses in an identical order or sequence. It can be repetitive, but allows people to follow a set routine. This tends to be a more fast-paced and vigorous style of yoga. You may get hot and will need to drink plenty of fluids.