

YOGA

The word “yoga” means “union” in Sanskrit. The yoga process is the process of uniting the mind, body and spirit. When most people think of yoga, the thought of bending and contorting the body into seemingly uncomfortable positions and poses. Though there are some physical aspects to yoga, the process is really about creating balance in the body, mind and spirit. There are several different types of yoga, including the following types offered at Mystickal Voyage:

Hatha: Hatha yoga is a general term that can encompass many of the physical types of yoga, but usually refers to a slow-paced and gentle introduction into the exercise and basic poses in yoga.

Kundalini: The emphasis in Kundalini is on the breath in conjunction with physical movement. Kundalini uses rapid physical movements rather than poses held for a long time. The class is lead by the instructor in call and respond chanting.

Yoga Nidra: Yoga Nidra is an ancient practice that involves the systematic induction of deep physical and mental relaxation through the use of guided imagery. 40 minutes of Yoga Nidra is said to have the physiologic effect of 6 - 8 hours of restful sleep!

Restorative: Restorative Yoga is a gentle, therapeutic style of Yoga that uses props to support the body during the poses, which in turn helps us to move towards balance as well as deepen the benefits of the poses. The poses create specific physiological responses which are beneficial to health and can reduce the effects of stress. It is a soothing and nurturing practice that promotes a state of conscious relaxation.



Don't avoid yoga just because you think you are inflexible physically. In fact, yoga is just the thing to help gain muscle strength and increase flexibility. Yoga is not like gymnastics where flexibility and agility wins...yoga is a very personally reflective and powerful form of exercise for the mind, body and spirit. Yoga also provides breath training to teach us all how to better use our lungs, which benefits our

entire system. Yoga is also a great way to reduce stress, balance our minds, and become aware of our own bodies in a positive light. It is not uncommon to have some muscle soreness after doing yoga, especially if you are new to the practice, however with continued practice, regular stretching and a hot bath, the soreness will lessen in time.

MYSTICKAL VOYAGE



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