

Name \_\_\_\_\_

## Yoga Adventure: Exploring Different Types of Yoga

### Short Answer

1. Describe the key characteristic of Restorative Yoga and explain why it is beneficial.
2. How does Kundalini yoga aim to awaken inner energy, and what is the significance of this energy?
3. Briefly explain the primary focus of Iyengar Yoga and how it differs from other types of yoga.
4. What is the distinctive feature of Aerial Yoga, and what benefits can practitioners gain from it?
5. In Vinyasa Yoga, what role does the synchronization of breath and movement play in the practice?

