

Name _____

Yoga Adventure: Exploring Different Types of Yoga

Short Answer Key

1. Restorative Yoga is characterized by using props to support the body in gentle, passive poses, allowing for deep relaxation and stress relief. It is beneficial for restoring the body's energy, reducing anxiety, and promoting a sense of well-being.
2. Kundalini yoga aims to awaken inner energy, known as "Kundalini," through physical postures, breathing exercises, and chanting. This energy is believed to reside at the base of the spine and, when awakened, can lead to spiritual growth, increased awareness, and a sense of higher consciousness.
3. Iyengar Yoga focuses on precise alignment in poses, using props to achieve proper alignment and posture. It differs from other types of yoga by its attention to detail and alignment, making it suitable for those who want to work on their posture and physical alignment.
4. Aerial Yoga involves practicing poses while suspended from a fabric hammock, which adds an element of playfulness and fun to the practice. Benefits include increased strength, flexibility, and a unique perspective on traditional yoga poses.
5. In Vinyasa Yoga, the synchronization of breath and movement is crucial as practitioners transition smoothly from one pose to another. This synchronization helps create a flowing and dynamic practice that enhances flexibility, strength, and cardiovascular health.

