



## Yoga Equipment

- Sticky mat—this prevents your feet from sliding on the mat and the mat from sliding on the floor.
- Gloves and socks with rubber-like pads or dots on the palms or soles. These help participants hold their positions and move safely between poses, especially in the absence of a sticky mat.
- Use blocks, straps, bolsters and blankets for modifying poses to enhance technique and body position and to increase safety and comfort for the participant.
- Yoga mats should be cleaned regularly, either with a damp cloth or sponge and mild soap or detergent.
- Yoga clothing should be comfortable and allow full range of motion.
- It is important for clothing to provide adequate coverage as you move and bend.



## Selecting a Yoga Program

“Hatha Yoga helped me relax and regain focus following a stressful few months at work.

—A.B., New York

“After a couple of years of “regular yoga” I branched out to try Bikram—wow! What a different experience!

—R.S., Chicago

“I reluctantly tried therapeutic yoga on a friend’s recommendation. It made me feel so much more relaxed and positive about the future.

—T.M., Philadelphia

For more information  
[www.yogaselect.org](http://www.yogaselect.org)

800 123-4567





# Choosing your Yoga Class

Yoga provides a number of well-documented physical, mental and emotional benefits, including reduced blood pressure, enhanced feelings of relaxation, stress reduction, improved digestion, better posture, increased strength and flexibility and balance. Yoga also has been shown to benefit individuals with chronic diseases and disabilities through improved body awareness and orientation.



You can choose from a wide variety of yoga classes offering different types of yoga and different teachers and styles. Make sure to select an appropriate class and instructor for your skill level.

Types or styles of yoga vary in pace and emphasis from slower-paced practices that include breathing and meditation to faster, flowing movement sequences combined with rhythmic breathing.

**ANANDA** Provides a tool for spiritual growth while releasing tension; uses silent affirmations while holding poses.

**ASHTANGA** A vigorous practice incorporating a fast-paced series of sequential postures.

**BIKRAM** Involves practicing a series of 26 traditional Hatha yoga postures (13 standing and 13 sitting) in a hot environment.

**HATHA** A more relaxed practice that emphasizes breathing, strength and flexibility; good for those new to yoga.

**IYENGAR** Focuses on proper alignment with the use of props; poses are typically held much longer than in other styles of yoga.

**KUNDALINI** Incorporates postures with dynamic breathing techniques, chanting and meditating to awaken the energy at the base of the spine and draw it upward through each of the seven energy centers of the body (chakras).

**POWER YOGA** A challenging and disciplined series of poses designed with the intention of creating heat and energy flow.

**SIVANANDA** Geared toward aiding participants in their journeys toward self discovery.

**SVAROOPA** Incorporates proper breathing, exercise, relaxation and vegetarian diet with positive thinking and meditation.

**THERAPEUTIC** Addresses all levels physical, emotional and spiritual of the healing process to promote health, function and enhanced quality of life for special populations—heart patients, cancer survivors or others with physical limitations.

**VINIYOGA** A gentle yet powerful and transformative practice in which poses are synchronized with the breath in sequences determined by the practitioner.

**VINYASA** A flow-style of yoga that melds breathing with movement.

**YOGA FOR FITNESS** A fitness-based approach is tailored for the mainstream health club member. It utilizes strength, flexibility, balance and power to give you a full workout.

