

Types of Yoga, an Overview

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GENERAL TERMS

Asana (āsana) literally means “to sit.” Asanas are the physical postures of haṭha yoga.

Hatha (haṭha) is a general term for all physical types of yoga. Ha is the sun in the sky, and ṭha the moon.

Vinyasa (Vinyāsa) is a general term meaning breath synchronized with movement. Vinyasa tends to be a flowing type of practice from one posture to the next.

SCHOOLS OF YOGA

Acro Yoga is a dynamic partner practice that blends the wisdom of yoga, the dynamic power of acrobatics, and the loving kindness of healing arts. These three lineages form the foundation of a partner practice that cultivates trust, playfulness, and community. Jenny Sauer-Klein & Jason Nemer co-founded the practice in 2003. Nemer J (2015) *Elements of AcroYoga: Partner Practices for a Lifetime*. AcroYoga, Incorporated, www.acroyoga.org

Anusara (anusāra) means “flowing with grace” and is a spin off from Iyengar yoga which focuses on Hindu spirituality in a western approach to yoga. Founded by John Friend, www.anusarayoga.com

Asthanga (aṣṭāṅga) is a modern day form of classical Indian yoga founded by Sri K Pattabi Jois and is an intense workout involving postures performed in a prescribed order. This style is demanding due to the constant transitioning from one posture to another. It is the foundation for Power Yoga. Maehle G (2006) *Asthanga Yoga: Practice & Philosophy*. Novato, CA: New World Library. <http://kpjayi.org>

Bhakti is a spiritual yoga focused on cultivation of love and devotion to God.

Bihar Yoga techniques are a synthesis of many approaches to personal development, based on traditional vedantic, tantric and yogic teachings in conjunction with contemporary physical and mental health sciences founded by Swami Satyananda Saraswati. Saraswati SM (1983) *Swara Yoga: The Tantric Science of Brain Breathing*. Munger, Bihar, India: Bihar School of Yoga. Saraswati SM (1969/2008). *Asana, Pranayama, Mudra, Bandha*. Munger, Bihar, India: Yoga Publications Trust. <http://www.biharyoga.net/>

Bikram is a series of 26 postures practiced in a room heated to about 105 degrees Fahrenheit. It uses heat to loosen muscles and sweat to cleanse the body. It is very demanding and part of a movement called Hot Yoga founded by Bikram Choudhury. www.bikramyoga.com

Dahn is a Korean exercise system often described as a combination of yoga, tai chi, and martial arts exercise founded by Lichi Lee, www.bodynbrain.com

DDP is a fitness type yoga considered an evolution from YRG Fitness System, part of the fitness injury rehabilitation developed by Diamond Dallas Page, <https://ddpyoga.com/>

Forrest yoga emphasizes core work done in a hot room incorporating American Indian traditions. It is known for its length of time holding postures and was developed by Ana T Forrest. www.forrestyoga.com

Gravity and Grace is a system of yoga “where alignment is a by-product of a deepening relationship to the flow of sensation created by surrender and the response it creates in the muscles. It works by first creating softness where resistance to movement is present.” founded by Peter Sterios. <http://petersterios.com/gravity-grace/>

Iyengar yoga is often recommended for beginners and those with medical issues. It places emphasis on body alignment and balance, and postures are held for longer periods of time using props such as blocks, belts, blankets and bolsters are used for support. Founded by BKS Iyengar (1979). *Light on Yoga: The Bible of Modern Yoga – Its Philosophy and Practice – by the World’s Foremost Teacher.* NY: Schocken. www.bksiyengar.com

Kriya yoga is a scientific meditation technique which ultimately leads to what is termed “self-realization” and was founded by Lahiri Mahasaya. Fourth in the direct line is the living master, Sri Prakash Shankar Vyas (Guruji). Wyder H (2014) *Kriya Yoga: Four Spiritual Masters and a Beginner.* Gisborne, Australia: Kriya Source Publishing. <http://www.kashikriya.com/>

Kundalini (kuṇḍalinī) is a tantric yoga that uses rapid movement through postures emphasizing breath, chanting and meditation. The purpose is to release energy in the lower body and allow it to move upwards through the spine and up through the head. Woodroffe J (1924/1974). *The Serpent Power: The Secrets of Tantric and Shaktic Yoga.* Minasola, NY: Dover Publications. Rieker, HU (1971). *The Yoga of Light: The Classic Esoteric Handbook of Kundalini Yoga.* Los Angeles, CA: The Dawn Horse Press. <http://www.kundaliniresearchinstitute.org/>

Mantra is a traditional yoga focuses on the use of chanting or singing Vedas or mantras with concentration and devotion. Kirtan, call and response, is a modern day application. <http://kripalu.org/article/527/>

Moksha (Modo) is a yoga series that combines Hot Yoga with traditional haṭha practices emphasizing alignment and therapeutic benefits. It provides a cardiovascular workout. <http://mokshayoga.ca>

Yoga Nidra “Yogic sleep” facilitates a deep sense of lucid sleeping and is among the deepest possible states of relaxation while still maintaining full consciousness. Richard Miller R (2010) *Yoga Nidra: A Meditative Practice for Deep Relaxation and Healing.* Louisville, CO Sounds True. http://www.nytimes.com/2014/05/25/magazine/a-revolutionary-approach-to-treating-ptsd.html?_r=0

Yogilates is a fusion of yoga and Pilates developed by Jonathan Urla. <http://www.yogilates.com/>

Viniyoga is primarily an Individual teaching of yoga including asana, pranayama, bandha, sound, chanting, meditation, personal ritual and study of texts founded by TKV Desikachar. Desikachar TKV &

Cravens RH (1998) *Health, Healing and Beyond*. NY: North Point Press. Kraftsow G (1999). *Yoga for Wellness: Healing with the Timeless Teachings of Viniyoga*. NY: Penguin Books <http://www.viniyoga.com/>

Yin Yoga focuses on connective tissue and consists of gentle and prolonged poses designed to loosen fascia. <http://www.yinyoga.com/>

TRAUMA INFORMED YOGA

Somatic Experiencing Developed by Peter Levine he describes that “Traumatic symptoms are not caused by the 'triggering' event itself. They stem from the frozen residue of energy that has not been resolved and discharged; this residue remains trapped in the nervous system where it can wreak havoc on our bodies and spirits.” Levine P (1997). *Waking the Tiger: Healing Trauma*. Berkeley, CA: North Atlantic Books. <http://www.traumahealing.org/>

Trauma Sensitive Yoga (TCTSY) is an empirically validated, adjunctive clinical treatment for complex trauma or chronic, treatment-resistant PTSD. Developed at the Trauma Center in Brookline, Massachusetts, TCTSY has foundations in Trauma Theory, Attachment Theory, Neuroscience, and Hatha Yoga practice with an emphasis on body-based yoga forms and breathing practices. Emerson D & Hopper E (2011). *Overcoming Trauma through Yoga - Reclaiming Your Body*. Berkeley, CA: North Atlantic Books. <http://www.traumasensitiveyoga.com/>.

Trauma Research of Yoga. Bessel van der Kolk MD has been active as a clinician, researcher and teacher in the area of posttraumatic stress and related phenomena since the 1970s. His work integrates developmental, biological, psychodynamic and interpersonal aspects of the impact of trauma and its treatment. His book *Psychological Trauma* was the first integrative text on the subject, painting the far ranging impact of trauma on the entire person and the range of therapeutic issues which need to be addressed for recovery. van der Kolk B (2014). *The Body Keeps The Score: Brain, Mind and Body In The Healing Of Trauma*. NY: Penguin Books. <http://www.traumacenter.org/>

YOGA FOR MOODS: DEPRESSION AND EMOTIONAL BALANCE

Forbes B (2011). *Yoga for Emotional Balance: Simple Practices to Help Relieve Anxiety and Depression*. Boulder, CO: Shambhala. <http://boforbes.com/>

Weintraub A (2003). *Yoga for Depression: A Compassionate Guide to Relieve Suffering through Yoga*. NY: Harmony Books. and Weintraub A (2012). *Yoga Skills for Therapists: Effective Practices for Mood Management*. NY: Norton Professional Books. <http://yogafordepression.com/>