

Which Yoga Style Suits You?

Bikram

If you want a class that offers a real sweat-inducing workout, Bikram is for you. A set series of 26 poses are followed in strict order for 90 minutes in a room kept at 40°C with 40% humidity.

Perfect for: Anyone looking to lose weight with a structured program.



Kundalini

All yoga has at its core a spiritual aspect, but Kundalini is a form with an intense emphasis on breathing, meditation and chanting that is more obviously mystical in nature.

Perfect for: Those looking to combine the physical & spiritual.



Few forms of exercise offer the full body benefits of yoga. Improved flexibility, muscular strength and endurance, limber joints, a supple spine and lower blood pressure are just a few of the proven health boosts. And that's before we get onto the effects on the mind and stress. However, you need a style that suits your body and life to reap those benefits. Choose carefully and start your journey today.

Ashtanga

Also known as Ashtanga Vinyasa, much of Ashtanga takes its cues from Vinyasa with similar flow and focus on moving with the breath.

Perfect for: People who want a physical challenge to build strength and endurance.



Vinyasa

A style that smoothly links poses in synch with controlled breathing. Sometimes called flow yoga.

Perfect for: Those looking to improve flexibility, strength and to get an all-round workout.



Restorative

If you need a yoga style that will relax you and ease away stress, tensions and troublesome aches then go for a Restorative class. Props are used to support the body in mainly seated and supine poses so you can stay in position for long periods of time.

Perfect for: Allowing the body and mind to gently unwind and open up.



Iyengar

If you want a practice that focusses on precision and accuracy then Iyengar is the way to go. Props to aid correct alignment are used heavily in Iyengar and you will start with simple poses, only progressing once you have perfect form.

Perfect for: Those struggling with problem areas as it eases you into things.

