



THE YOGA GUIDE

FOR THOUSANDS OF YEARS communities have practiced yoga, with archeological artifacts depicting yoga poses dating back to 3000 B.C. Over time, the ritual evolved and divided into different factions and branches.

In Hinduism, Buddhism and Jainis 'yoga' translates to 'spiritual discipline,' though each culture bred different ideologies. Traditional yoga practices have been tweaked, stretched and enhanced—as reflected in the yoga stances themselves. This guide explains the many genres of yoga, deciphers the characteristics of each style, relates exercise routines to individual qualities and suggests locations to explore your unique spiritual discipline.

by Hilary Adleberg

BEST CLIENTELE: Beginner, Muscle-Building, Tortoise-Minded (As Opposed to Hare-Minded)

HATHA • ANSURA • IYENGAR • KRIPALU

Hatha—a broad category of yoga—is a slow-paced style that provides a good introduction to basic yoga poses. Appropriate for all ages and abilities, these types of classes don't force everyone into the same cookie-cutter positions. You are taught to get to know, accept and learn from your body. Once you gain an initial understanding of how your body works in different poses, you will learn to hold postures and meditate longer. These styles teach the fundamentals and lend a strong foundation useful for any method of yoga.

● **Kripalu** is perfect for those who want to learn the basic mechanics, proper breath work and spiritual aspect. Practicing Kripalu helps to cultivate an awareness of the physical and mental connection—exemplifying how the mind influences physical gestures, and vice versa.

● **Iyengar** uses props like blocks, straps and incline boards to work every part of the body, leading to great muscle definition, not mass. Iyengar yoga focuses attention on alignment and deliberate sequencing. The form is fitting for beginners and yoga veterans because its classes offer an upbeat, carefree vibe.

● **Anusara** instructors teach proper alignment to prevent injuries—in and out of the classroom. This class is a good first step for someone trying to get back into shape. Anusara fosters an accepting atmosphere where instructors teach students to express themselves through the poses, to their fullest individual ability.



Dancing Mind Yoga

STUDIOS AND CLASSES

Sun and Moon Yoga, Fairfax & Arlington; 703-525-YOGA; sunandmoonstudio.com; first class is free for new clients

Positive Energy Yoga, 3223 Duke St., Suite B2, Alexandria; 703-582-3699; positiveenergyyoga.net

Unity Woods Yoga Center, 4001 9th St. N, Apt. 105, Arlington; 703-525-8992; unitywoods.com

The Energy Club, 2900 S. Quincy St., Arlington; 703-824-2058; theenergyclub.com

Yoga with Hinda Sacks at The Landings; 6100 Cove Landing Road, Burke; 703-631-0378; sacksl@cox.net



Inner Power Yoga

BEST CLIENTELE: Athlete, Jock, Hare-Minded (As Opposed to Tortoise-Minded)

VINYASA • ASHTANGA • BIKRAM

Vinyasa is a general term that describes multiple types of more vigorous yoga styles. Meaning breath-synchronized movement, Vinyasa classes link series of poses by breath. This workout is for the athletically inclined, who believe that exercising is pushing one's body to its limits. The high-intensity classes are a great cardiovascular workout, providing quick weight loss results.

● **Ashtanga**, for example, moves from one pose to the next with each inhale and exhale. Ashtanga originates from Mysore, India, and was developed to settle the energy and focus the minds of teenage school boys. Introduced to the U.S. in 1975, classes may be called "vinyasa" or "flow" and should incorporate the same rapid, athletic poses from the traditional style.

● **Bikram**, a trending yoga style right now, cranks up the room temperature to almost 105 degrees F and 40-percent humidity. The motive behind these classes is to loosen muscles and increase flexibility, but if you're just starting out as a "hot yoga" client, be careful not to overstretch and injure yourself. "A lot of people that come here love the athleticism and cardio aspect of it. Tolerating the heat is definitely an athletic challenge," warns Ashley Hoover of Dancing Mind Yoga. Can't stand the heat? Get out of the yoga class.

Studios and Classes listed on next page

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Beloved
Yoga

BEST CLIENTELE:
**Spiritual, Health Nut,
Vegan/Vegetarian,
Meditative**

JIVAMUKTI • SIVANANDA • KUNDALINI



Dancing
Mind Yoga

Meditation and chanting are prominent in these styles of yoga. Long-held poses lend a good opportunity to quiet the mind and restore the body. These classes promote an overall, healthy mind and body mentality that encourages vegetarianism both to discourage violence as well as to better one's digestive process.

• **Jivamukt**, meaning “liberation while living,” encourages students to find a state of enlightenment, reintroducing traditional spiritual elements in an educational way. The five tenets—including scripture, bhakti (devotion to God), ahimsa (nonviolence), nada yoga (yoga of sound) and meditation—form the foundation of each Jivamukti class.

• A slow, soothing practice, every **Sivananda** class begins and ends with meditation and chanting. Sivananda is formed around a five-component philosophy that corrects breathing, relaxation, diet, exercise and positive thinking, all considered necessary elements in practicing a healthy lifestyle.

• Intended to release the **Kundalini**, a serpent of fluid energy from the base of the body upward, this style of yoga is perfect for those seeking greater spiritual, mind and body awareness. Kundalini constantly moves from one invigorating pose to the next while staying focused and grounded through both meditation and breath work.

STUDIOS AND CLASSES

Holistic Touch, 309 S. Washington St., Alexandria; 703-299-0500; holistictouchcenter.com

Journey Yoga, 2628 Columbia Pike, Arlington; 571-357-3546; journeyyoga.net

Radiance Yoga Studio, 110 King St., Alexandria; 703-535-8282; radiance-yoga.net

Dream Yoga Studio & Wellness Center, 1485 Chain Bridge Road, Suite 104, McLean; 703-448-9642; dreamyogastudio.com

Sterling Yoga Center, 22821 Silverbrook Center Drive, Unit 160, Sterling; 703-742-9642; kundalini-yoga.us

Ashtanga, Vinyasa and Bikram continued from previous page

STUDIOS AND CLASSES

Dancing Mind Yoga 929 W. Broad St., Falls Church; 703-237-9642; dancingmindyoga.com; first-timers can get a one-month unlimited pass for all classes available

PIES Fitness Yoga Studio 374 S. Pickett St., Alexandria; 703-887-9574; piesfitnessyoga.com

SuperNoVA Yoga 4019 5th Road N, Arlington; 571-257-7772; bikramyogaarlington.com

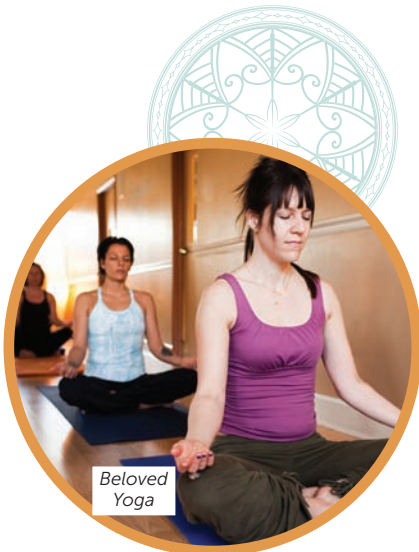
Inner Power Yoga 46090 Lake Center Plaza, Suite 205, Sterling; 703-795-8400; inner-power-yoga.com

Bikram Yoga 1073 W. Broad St., Falls Church; 703-536-9642; fallschurchyoga.com

Edge Yoga 2440 Wilson Blvd., Suite 201, Arlington; 703-243-8866; edgeyoga.com



Inner Power
Yoga



BEST CLIENTELE:

Everyone, Injured

RESTORATIVE  YIN

This category focuses less on working the body's muscles and more on passive stretching that relaxes and restores range of motion. Expect to practice patience because Restorative and Yin styles regularly hold poses for up to 20 minutes.

● **Restorative** yoga uses blocks, bolsters and blankets to eliminate unnecessary straining. "These classes are focused on relaxation and the ability of letting go and really sinking into the pose," explains Mike Gray, fitness manager at Equinox. Restorative classes are beneficial for everyone. Even if you're devoted to your particular practice, taking the time to do a restorative class will give your body a necessary relaxation session.

● **Yin** poses are passive, meaning positions are meant to relax muscles and let gravity do the work. Yin focuses on strengthening connective tissues, which is most beneficial to athletes whose joints may be getting stiff due to muscle crowding. Poses are held anywhere from five to 20 minutes, which allows for a good stretch for both the mind and body.

STUDIOS AND CLASSES

Equinox Tysons Corner, 8065 Leesburg Pike, Vienna; 703-790-6193; equinox.com

River's Edge Yoga, 300 Montgomery St., Suite 201, Alexandria; 571-218-2161; ashtangadancer.com/riversedgehome.html

Bowenwork Therapeutics, 491-B Carlisle Drive, Herndon; 703-728-3421; herndon-pain-therapy.com



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THERE'S A YOGA STYLE FOR EVERYBODY.

● **Newbies**

- **Ansura:** a purist form of yoga; chill yoga
- **Iyengar:** uses props (blocks, straps, harnesses, etc), about precise alignment and deliberate sequencing
- **Kripalu:** know, accept and learn from your body

● **Athletic/Jocks**

- **Ashtanga:** fast-paced yoga
- **Bikram:** hot yoga

● **Spiritual Mind & Body Awareness**

- **Jivamukti:** traditional spiritual elements (Sanskrit chanting, references to ancient

scripture)

- **Sivananda:** promotes healthy lifestyle through positive thinking, proper breathing, relaxation, diet and exercise; encourages vegetarian lifestyle for better digestion
- **Kundalini:** constantly moving from one invigorating pose to the next while staying focused and grounded through meditation and breath work

● **Prenatal**

- **Prenatal:** safe exercise during pregnancy; speeds up labor and wards off pregnancy aches, pains and swelling

● **Everyone**

- **Restorative:** relaxation session; spend maybe 20 minutes each in four or five simple poses
- **Yin:** quiet, long, meditative practice; prepares body for meditation; good for athletes with overcrowded joints, restores range of motion

● **Private Sessions**

- **Viniyoga:** proprioceptive neuromuscular facilitation means warming up and contracting a muscle before stretching it; decreases chance of injury



East Meets West
Yoga Center

BEST CLIENTELE:

Pregnant women looking for drug-free delivery and speedier labor

PRENATAL

Geared toward expectant mothers, prenatal yoga follows the belief that if mothers-to-be keep their muscles strong through to term, they will be better prepared for delivery and will have more strength and energy for a quicker recovery. Consistently practicing prenatal yoga has been proven to ward off pregnancy aches, pains and swelling. Aside from muscular benefits, yogic breathing classes teach similar techniques to Lamaze classes. Yogic breathing induces relaxation because it deeply engages the diaphragm.

STUDIOS AND CLASSES

Mind the Mat, 2214 Mount Vernon Ave., Alexandria; 703-683-2228; mindthemat.com

Moore than Yoga, 4347 Arlington Blvd., Arlington; 703-671-2435; moorethanyoga.com

Begin Within Birth with Tara Campbell Lussier, 830 Valemount Terrace NE, Leesburg; 703-472-4704; beginwithinbirth.com

Yoga Birth and Beyond, 101 S. Whiting St., Suite 314, Alexandria; 703-971-7305; yogabirhandbeyond.com

Beloved Yoga, Great Falls & Reston; 703-860-YOGA; belovedyoga.com

East Meets West Yoga Center, 8227 Old Courthouse Road, Suite 310, Vienna; 703-356-9642; eastmeetswest.com



Mind
the Mat

COURTESY OF CHRISTY FREER (EAST MEETS WEST YOGA CENTER); COUNTESS OF DAN BENDER PHOTO (MIND THE MAT)



BEST CLIENTELE:

**Private sessions
for injured
patients, those w/
back problems**

VINIYOGA

Viniyoga is a personalized, customized, one-on-one class. This individualized experience focuses on proper warm-up techniques using the principles of proprioceptive neuromuscular facilitation (PNF). PNF—the act of warming up and contracting a muscle before stretching it—decreases your chances of injury in all physical activities, in and out of yoga class. Monu Harnal, owner of Illume Yoga, explains how with one-on-one instruction she can provide her clients with more poses modified to their potential. “It takes the traditional principles and applies it to the individual’s needs. I am considering the physical limitations and/or strengths, and I’m able to assess the individual’s capabilities and create a customized program for them,” says Harnal.

Viniyoga is also great for back pain sufferers. Instructors suggest poses intended to stabilize your sacrum, loosen back muscles, and balance out your spine. Function is of more importance than form in Viniyoga, so each pose will be adapted to give you exactly what you need.



STUDIOS AND CLASSES

bemoo yoga, 1423 Powhatan St., Suite 7, Alexandria; 703-283-1883; beemooyoga.com

Illume Yoga, 703-851-8518; illumeyoga.com

Zion Yoga, 10700 Zion Drive, Fairfax; 571-318-9333; zionyogastudio.com

Pengu Studio, 6809 Old Dominion Drive, McLean; 571-723-6200; pengustudio.com

BE Yoga, 45406 Lakeside Drive, Sterling; 202-689-5945; beyogayurt.com