* Anusara
* Ashtanga
  + Same as Raja
  + **Raja Yoga:** Called the “royal road,” because it incorporates exercise and breathing practice with meditation and study, producing a well-rounded individual. This type is synonomous with Pantanjala Yoga and Ashtanga Yoga (the unifying discipline of the eight limbs).
* Bikram
  + Intense Yoga
  + Founder: Bikram Choudury
  + Target Population: Fit individuals
  + A sequence of 26 postures in a classroom that is heated higher than 100° F (38°C)

Recreating the Indian climate. Individuals sweat profusely which speeds up the cleansing effect of the postures and increases flexibility.

* Hatha
  + Most Basic
  + Teaches posture, breathing and focus
  + The discipline of the force exercised by asanas, the philosophical activity and

pranayama, the breath control. “Ha” means sun and “tha” means moon. This yoga type is what most people associate with yoga practice. This yoga practice is an umbrella for several methods.

* Hot Yoga
  + Hot
* Iyengar
  + Founder: B.K.S. Iyengar
  + Target Population: Individuals with specific needs, older people, individuals with

Injuries

* + A technically correct style of yoga that focuses on the mastery of precise alignment

and posture. This method of hatha yoga is a rigorous training of the mind and body

using props. Students master asana first then accomplish the breathing.

* Restorative Yoga
  + Uses specific poses to help a certain injury or issue(physical or mental)
* Vinyasa
  + Flow - Short Set of yoga poses repeated

Symptom Checker like (Personality Inventory)

Find yoga for certain physical injuries or emotional stressors.

Resources

Mindbodygreen.com

Aura wellness

Asheville Yoga