

YIN YOGA

BEST FOR... RELIEVING STRESS

WHAT IS IT? Yin yoga has a heavy focus on holding seated postures in order to strengthen and improve the muscles in this area. The poses are generally held for between one and ten minutes, and will provide both a physical and an emotional feeling of release.

CELEBRITY FAN: Jessica Alba (right).

SARAH SAYS: 'Yin yoga is suitable for everyone, and those who engage in high-intensity sports, or those who experience high levels of stress during their day, can find relief for the body and mind through this practice. Reduced tension in the joints, as well as improved flexibility, are noticeable results of yin yoga.'



KUNDALINI YOGA

BEST FOR... FEELING MORE SPIRITUAL

WHAT IS IT? Anyone can practise kundalini yoga. It is not particularly difficult, physically speaking, but it can be challenging, spiritually, if you have no experience of yoga.

CELEBRITY FANS: Michelle Williams, Russell Brand and Amanda Holden (below), who gushed: 'My body has become strong and toned since I've been doing kundalini yoga every day, and any excess body fat has disappeared.'

SARAH SAYS: 'Kundalini yoga combines physical movements with breathing techniques, meditation and chanting. When you practise kundalini yoga you'll work towards developing a higher consciousness, and improving your physical energy. You will notice that you are better equipped to focus your mind and also to strengthen your will power.'



ASHTANGA YOGA

BEST FOR... HONING BREATHING TECHNIQUES

WHAT IS IT? Ashtanga yoga comprises a series of set poses. This type of yoga should combine physically demanding moves with the synchronisation of the breath. **CELEBRITY FANS:** Madonna (left) is a fan of the practice and Sting reveals it helps him stay young, saying: 'I can now do things with my body that I wouldn't even have thought possible when I was a teenager.'

SARAH SAYS: 'Ashtanga yoga is especially beneficial for muscle growth and improving breathing techniques. It can be quite challenging and rigorous. This is because you will only move to the next posture once you have mastered the previous one. For this reason, it is more suited to those who have already mastered the basics of yoga.'

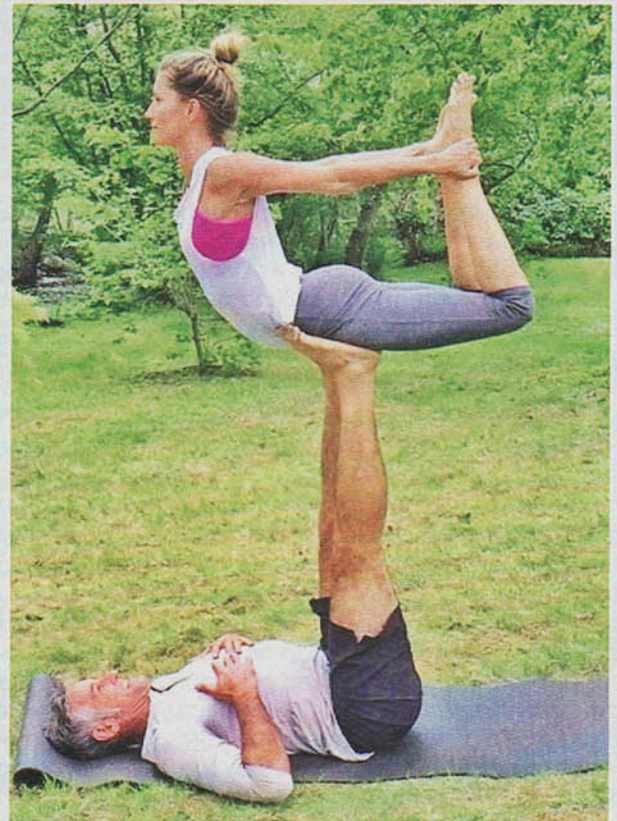
ACROYOGA

BEST FOR... IMPROVING BALANCE

WHAT IS IT? AcroYoga is a combination of yoga, acrobatics and healing. It is practised in pairs, with one partner lifting and supporting the other as the asanas are held.

CELEBRITY FANS: Gisele Bundchen (right), Lena Dunham and Gwyneth Paltrow.

SARAH SAYS: 'AcroYoga offers lots of beginner exercises you can practise with a partner, and there is something for everyone, regardless of skill level. However, the more advanced poses require more balance and co-ordination. It is great for strength training and general fitness.'



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IYENGAR YOGA

BEST FOR... IMPROVING CO-ORDINATION

WHAT IS IT? Iyengar yoga is a type of hatha yoga that concentrates on the attention to detail of the poses and controlling your breath.

CELEBRITY FAN: Nigella Lawson (right)

says: 'I am doing a rather slow form of yoga called Iyengar. As you get on in life, you value feeling well as opposed to looking well. Yoga certainly makes you feel great.'



SARAH SAYS: 'Iyengar yoga is a variety of hatha yoga that focuses on the precision of the asanas and being able to control your breathing. You will notice that your co-ordination, strength and stability improve. It is perfect for beginners.' **OK!**

WITH THANKS TO SARAH DRAI, CO-FOUNDER OF YOGIZME. BOOK AN EXPERIENCED YOGA TEACHER TO YOUR DOOR AND START YOUR YOGA JOURNEY WITH THE EXPERTS BEHIND YOGIZME APP. AVAILABLE TO DOWNLOAD FROM THE APP STORE NOW.

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