

10 TYPES OF YOGA PRACTICES TO MAXIMIZE THE EFFECT FOR SPECIFIC STUDENTS

1

GENERAL YOGA PRACTICE

(my teacher often refers to it as “flossing”)

is about moving the spine and most joints through the full range of motion, attending to most body parts without focusing on anything specific, deepening the breath and focusing the mind. The purpose here is to work toward overall balance.



2

GOAL POSTURE PRACTICE

(any complex posture)

is about selecting a more difficult posture and then organizing the entire practice to prepare and then compensate for it. The goal posture might work a specific body area, or move the energy in a certain way, or represent some idea, or challenge the body in a different way.



3

PRACTICE FOR A SPECIFIC ACTIVITY

(gardening, skiing, hiking, long car drive, painting, etc)

is designed either to prepare the body for an activity or compensate for the activity afterwards. Those practices involve analyzing the biomechanics of the activity and need to be short and to the point.



4

BODY PART-SPECIFIC PRACTICE

(lower back, hip flexors, adductors, etc)

works on a specific part of the body. There can be emphasis on stretching or strengthening the area and sequencing is EXTREMELY important here if we want the practice to be effective and safe.



5

POPULATION-SPECIFIC PRACTICE

(office workers, pregnant women, seniors, etc)

is designed to serve a specific group of students. We begin by analyzing the unique challenges of the students in a group and then design yoga practice(s) that meet their needs.



6

FLOW PRACTICE

links poses into “flows”

Sun salutation sequence is often the base of the flow practice, but it doesn't have to be. Flow practices tend to be more challenging, mostly because of the pace, and often put repetitive stress on the joints (shoulders, hips, wrists), if not sequenced mindfully.



7

BREATH-CENTERED PRACTICE

affects physiological functioning

It is essential if we want to address the issues with sleep, stress and energy. In this type of practices breath adaptation and/or pranayama become central, which means that all other elements should be less complex and work to support the main element.



8

ENERGY-CENTERED PRACTICE

aim at building or reducing energy

We can design an energy-building practice (*brhmana*) or a practice that will eliminate/reduce excess energy (*langhana*). Working with breath is central to this type of practices, as well as choosing specific yogic elements that have *brhmana/langhana* qualities.



9

INTEGRATIVE YOGA PRACTICE

uses breath, movement AND other additional element(s)

Integrative practice might include chanting, meditation, visualization, ritual or prayer. Designed skillfully, integrative practices have the potential to affect the student on a deeper level, in a more profound way, because they reach across multiple levels of the human system.



10

THERAPEUTIC PRACTICE

addresses physical, physiological and emotional issues

Since they are mostly created for vulnerable students with serious health challenges, teachers usually require advanced training to be able to design and teach safe and effective therapeutic practices.

