

YOGA STYLES

There are A LOT of different variations yoga that you can practice. One is not better than the other. It just boils down to which one you resonate with the most. Here are a few of the most common variations (besides Vinyasa).

BIKRAM VS HOT YOGA

<https://www.verywellfit.com/bikram-yoga-and-hot-yoga-differences-3566754>

BIKRAM

<https://www.livescience.com/42322-bikram-yoga.html>

HATHA

<https://www.ekhartyoga.com/articles/philosophy/what-is-hatha-yoga>

IYENGAR

<https://www.ekhartyoga.com/articles/practice/what-is-iyengar-yoga>

YIN YOGA

<https://www.mindbodygreen.com/0-5037/Yin-Yoga-101-What-You-Need-to-Know.html>

KUNDALINI

<https://www.yogajournal.com/yoga-101/a-beginners-guide-to-kundalini-yoga/>

VINYASA

<https://www.ekhartyoga.com/resources/styles/vinyasa-yoga>

ASHTANGA

<https://www.ekhartyoga.com/resources/styles/ashtanga-yoga>