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There are many exercises that help you stay fit and overcome your physical problems. One such form of exercise is "YOGA". This is a very comprehensive term because it involves body moves and poses, meditation and breathing exercises to help you stay fit. It is this quality of this exercise that completely relaxes you and rejuvenates you. There many types of yoga like bikram yoga, hatha yoga, etc. Let us have a look at some of these types.

Bikram Yoga:

Here you will have to get ready to practice this exercise in a temperature of 105 degrees and humidity as high as 40%. It has 26 poses which mainly need you to align your body in different ways.

Hatha Yoga:

This type is good for new beginners. It involves breathing exercises. It has some simple and gentle movements so easy for beginners.

Vinyasa Yoga:

This a fast paced style of exercise. It has many poses. Only the sun salutation is same in all sessions. Otherwise all sessions will have something different for you.

Kundalini Yoga:

The word "Kundalini" is related to lower spine area of your body known as energy at the "root chakra". It focuses on your abs and core areas. It has many rapid movements.

Ashtanga Yoga:

A very famous style popularly known as "Power yoga". It is high in demand and the physical body in today's hectic lifestyle also demands this style. Anyone who wishes to tone one's body or has had athlete regime will be fond of this style.

Iyengar Yoga:

This style uses many props like straps, blocks, cushions and harnesses. It is more like a physical therapy because there are many alignments involve in it.

Anusara yoga:

This is a more spiritual style. It stresses on the "celebration of heart".

Kripalu Yoga:

This is again the most gentle of all styles. This focuses on your inner self. For all those who are overweight or have just started with this exercise can opt for this style. The basics are taught here with ease.

Restorative yoga:

Just as the word suggests, restorative is when you look to take a break and relax your mind. You might get answers to the question inside you as this focuses on relaxing on one's mind.

Jivamukti Yoga:

Pratice highly in NYC, was found in 1984. Some celebrities are associated with this style. Celebs like Russell Simmons, Sting etc. it is very popular. There chanting, music. Scripture reading along with various asanas.

Strala Yoga:

Deepak Chopra and Tara Stiles have created this style. It is focused on clearing the mind and body. It connects oneself to one's inner self and spirituality.

Prenatal yoga:

This is for expecting mothers. Exercise becomes important for expecting mothers. However, they cannot resort to any exercise. This form is especially for expecting mothers.

Choose a yoga style that suits you and learn it from a yoga trainer who helps you understand and incorporate it in your life.

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