



Yoga Terms

These are terms that are listed on the class descriptions and their basic meanings:

Asana- Poses, postures, positions used in the practice of Yoga.

Bandhas- Yogic locks utilized in poses and breathwork to restore, maintain and build the natural energy lever in the body, mind and perhaps connection to spirit.

Chill Yoga- Yoga in a non heated room, usually set to some awesome tunes.

Gentle Heat- The room is not air conditioned or heated and kept around 80- 85. This is a comfortable temperature for yoga practice, ideal for beginners, baby boomers, pre and post natal, teens and kids.

Hatha Yoga- This is an ancient practice of yoga and one of the most popular utilizing asana, pranayama , meditation and Savasana to achieve better health, wellness and instill an inner calm or focus.

Heated Yoga- Yoga practiced in a warm room, temperature 82 - 89 degrees, to get the muscles ready for movement.

Hot Yoga- Yoga practiced in a room body temperature up to 98 degrees to detox the body, focus the mind and clarify the cardiovascular system. Some practices add 50% humidity, we do not. (In Texas it is already very humid!) We usually start with heated yoga then let the temperature rise as our class builds in energy. Allow several classes to acclimate the body to the heat, drink plenty of water, and rest when needed.

Reiki- Rei- Universal/ Ki- energy; a healing therapy focusing on the body's basic energies, guided by a certified and attuned Reiki Practitioner or Reiki Master. Reiki utilizes gentle hand positions and relaxation with guided imagery. The recipient is safe, protected and loved as blockages in their energy or physical body are released. At the end of a session most feel both energized and relaxed.

Prana- The body's natural energy. Sometimes referred to Chi or Ki.

Pranayama- breath work and breath awareness; connection of mind/ body.

Savasana- final relaxation

Thai Yoga Massage- This is applied yoga, a combination of a massage session and a yoga practice, where the recipient is fully relaxed and the practitioner moves the client through a full range of motion. Utilizing auppssure points and the energy lines in the body, the client leaces feeling refreshed and energized.

Vinyasa Flow- A branch of Hatha Yoga, a fluid moving breath awareness yoga. Breath synchronized movement, where each inhale and exhale has an associated movement and the space between movements is focused. This practice can get the heart rate up and steady, building upon the flow of the class and the body's natural energy.

Yoga Practice- The art and science of moving through asanas and breathing techniques to achieve calmness of mind, balance of body and connection to spirit. The styles and intensity is varied wide and far, we at Yoga 4 Love mainly practice Vinyasa Yoga.

Dynamic Yoga and Fitness Studio by Yoga 4 Love

558 Bluebird Lane
Red Oak, Texas 75154