Homework #5

based on Lecture 7: The Yoga Tradition and Styles of Practice

1. In your own words, define “The Yoga Tradition” and differentiate it from styles/kinds/types of yoga practice.
2. How would you describe *your* preferred way of doing yoga? For example, what is your ideal asana practice like? Do you meditate? Which teachers do you follow?
3. In 1-2 sentences, describe what you would expect were you to drop-in on the following classes, imagine this is a schedule at your local studio:
4. Hatha
5. Power Yoga
6. Yin
7. Vinyasa Flow
8. Restorative