



## Accurate Clinic

2401 Veterans Memorial Blvd. Suite 16  
Kenner, LA 70062 - 4799  
Phone: 504.472.6130 Fax: 504.472.6128

[www.AccurateClinic.com](http://www.AccurateClinic.com)

### What is Yoga?

A discipline which includes breath control, simple meditation, and the adoption of specific body postures. It is widely practiced for health and relaxation.

### Types of Yoga

Hatha, Kundalini, Bikram, and Ashtanga yoga are the four most popular types practiced in fitness centers and local yoga studios throughout the U.S.

#### Hatha

Hatha yoga is the most widely practiced type in the U.S. and is excellent for beginners and those with chronic pain. It is a gentle practice where you move slowly and smoothly through dozens of poses (called asanas). The focus is on holding the poses and integrating your breathing into the movement. Hatha is a great way to stretch, work your muscles, get in touch with your body, relax, and decrease stress. It is an excellent practice for those who wish to reduce chronic muscle pain.

**Iyengar yoga**, a form of Hatha, uses similar poses but focuses more on body alignment and balance, holding poses longer, and using props such as straps, blankets, and blocks. Like Hatha it's also a good choice for beginners.

#### Kundalini

Kundalini yoga emphasizes rapid movement through the poses and emphasizes breathing, chanting, and meditation. It has a more spiritual feel than Hatha and focuses on energy balance in your body. Beginners unfamiliar with Hatha poses, chanting, and meditation, might find Kundalini more physically and mentally challenging than they are comfortable with and might want to start with Hatha.

#### Bikram

Bikram yoga is practiced in a room (sometimes unventilated) heated to about 105 degrees Fahrenheit. The idea is that muscles will loosen and sweating will cleanse the body and reduce symptoms of disease and chronic pain. Please note: Because of the risk of dehydration and changes in blood pressure, it is recommended that people with an existing heart problem or high blood pressure should speak with their physician before doing this type of yoga.

#### Ashtanga

Ashtanga, or power yoga, is designed to build strength and endurance. It is an aggressive workout where you move quickly from one pose to another. There is little emphasis on meditation with Ashtanga, and at the end of the session you will feel more like you have completed a traditional weight training or calisthenic workout than you would with any other type of yoga. Ashtanga is for you if you're looking for a tough, physically challenging workout.

### Local Yoga Studios

#### Audubon Yoga Studio

511 Octavia St NOLA 70115, (504) 821-9885

#### New Orleans Yoga Center

4436 Toulouse St #21, NOLA 70119, (504) 910-7445

#### NOLA Yoga

1937 Sophie Wright Place, New Orleans, LA 70130 (917) 568-6158

#### Swan River Yoga

- 2940 Canal Blvd. NOLA (504) 301-3134

- 2600 Chartres St. NOLA

- 7011 St. Claude Ave. Arabi, LA

#### Tapas Yoga

4413 Chastant St, Metairie LA, (504) 484-9579

#### The Yoga Room

4905 Freret St NOLA 70115, (504) 813-3738



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### Wild Lotus Yoga

- 4842 Perrier St, NOLA 70115, (504) 899-0047  
- 2372 Saint Claude Ave NOLA 70117

### Yoga 108

8229 Oak Street NOLA 70118, 1-866-964-2108

### Yoga Bywater

900 Louisa St NOLA, (504) 427-7993