

What is the Best Kind of Yoga for Beginners?

今回は、初心者におすすめのヨガの種類を紹介する記事です。ヨガといっても、その種類や特徴はさまざま。初めて挑戦する人にとっては、無理なく体を動かしながら、自分に合ったスタイルを見つけることが大切です。本文中の「differ」は「異なる」という意味で、たとえば“People differ in their opinions.”（人の意見はそれぞれ異なる）という形で使われます。体を動かすスタイルも人によって合う・合わないがありますよね。あなたはこれまでに、自分に合っていると感じた運動はありますか？



1. Article

Read the following article aloud.

The activity called yoga means different things to different people around the world. The word itself comes from the Sanskrit language and means “union.”

For some, yoga is an exercise centered on mindful breathing and slow movement. For others, it is a series of difficult body movements and positioning designed to improve health and fitness. Still others consider yoga a spiritual exercise. And there are many people for whom yoga is a combination of all or some of these things.

So, yoga takes many different forms around the world.

All kinds of yoga involve positions known as poses (asanas). But the positions and training can differ even under yoga methods, or styles, of the same name, including hatha, vinyasa, Iyengar and others.

So, what is the best kind of yoga training for a beginner?

“The best is the one that works for you,” said Tim Senesi, who has been teaching yoga in Orange County, California, for 22 years. “There are many different paths [leading toward](#) the same aim,” he added.

The hatha/yin yoga styles

Hatha, meaning “force,” describes any kind of yoga class involving asanas. A sun salutation, for example, is an important series of 12 asanas that begin many kinds of yoga classes.

Training under the hatha name, however, is usually gentler than others and more centered on breathing exercises, called pranayama. Poses are held for a few breaths and students usually move more slowly.

Hatha can be good for beginners who are [looking to](#) relax while improving flexibility and balance.

Another style, yin, pays even more attention to recovery by working to stretch the muscles’ connective tissue. Students hold poses for 5 minutes or more, permitting the body to [settle into](#) a pose rather than pushing it.

The vinyasa/ashtanga styles

A more difficult, flowing form of yoga is known as vinyasa. It mixes movement with breath over a series of asanas. Some higher-level vinyasa classes move [at a rate](#) of one movement per breath.

In the United States, these classes are often called Flow or Power yoga. They can be good for people who are more athletic. Still, teachers suggest that even athletic students start with a beginner level.

“I wouldn’t really encourage them to start in a higher level vinyasa flow class because they’re not going to have the foundation to move safely through that,” said Anne Van Valkenburg, of Lanai, Hawaii. She has been training yoga teachers in a mix of methods for 18 years.

Ashtanga yoga is similar to vinyasa. However, ashtanga involves a set series of poses that students repeat day after day, often going at their own speed. As students get stronger and more skilled, they move up to a higher series with more difficult poses.

The Iyengar style

Iyengar style involves the same poses as vinyasa, but classes usually move at a slower pace. However, the poses are not necessarily easier. Iyengar yoga pays special attention to carefully moving or aligning parts of the body. Poses are held for longer and students often use supportive equipment during the exercise.

Iyengar is especially good for people recovering from injuries. It can also be a good fit for physically active people who want to get the basics of yoga before moving into different styles.

Find a good fit

These days, teachers often mix different yoga methods in a single class. And many classes are not named under any traditional method.

The AP suggests that if you are interested in starting to practice yoga, you should look for a beginner series. But if you cannot find one that is right, do not worry. Most teachers are happy to have beginners in their classes and will alter the training to meet the needs of students new to yoga.

Most of all, try a few classes until you find the method or teacher who is a good fit for you.

“I feel sad when someone tries yoga once or twice and they’re like, ‘Eh, I don’t like it,’” Van Valkenburg said, adding, “there’s just so much out there that you might be missing...”

I’m John Russell.

Albert Stumm reported on this story for the Associated Press. John Russell adapted it for VOA Learning English.

2. Key phrases and vocabulary

First repeat after your tutor and then read aloud by yourself.

1. differ (v.) to be not the same

People often differ in their opinions about education.

2. lead toward (phr. v.) to guide in the direction of something

Regular practice can lead toward better performance.

3. look to (phr. v.) try or plan to do something

She is looking to change her job next year.

4. settle into (phr. v.) to become comfortable in a new situation

It took me a few weeks to settle into my new job.

5. at a rate (phr.) at a certain speed or frequency

The population is growing at a rate of 2 percent per year.

3. Questions

Read the questions aloud and answer them.

1. What are the three main types of yoga mentioned in the article?
2. Why is Hatha yoga often recommended for beginners?
3. What makes Bikram yoga different from the other types?
4. Have you ever tried yoga or a similar activity? What was your experience like?
5. If you were to start yoga, which type would you choose and why?