

Bikram and hatha yoga styles



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The paper " Bikram and Hatha Yoga Styles" is an excellent example of a research proposal on sports and recreation. In spite of the extensive research in yoga over the precedent centuries, little knowledge exists about its origin. Available information indicates that Yoga emanated from India about 8000 years back (Feuerstein 2006). De Michelis (2004) stipulated that yoga is a general idiom with diverse meanings. The Indian religion defines it as an eight-step chronological procedure, which leads one to an eventual stereological goal. However, western meaning is diverse and indistinct. It oscillates from a system of veneration to a technique of painstaking exercise (De Michelis 2004). Intended research

The aim of this proposal is to outline the details of the intended investigation of Bikram and Hatha yoga styles. These two yoga styles are rampant (Alter 2004). This project aims at studying the two yoga versions meticulously and establishing the linkage among them. The study entails physically attendance of these yoga sessions in order to gather information.

Guiding questions

What data does the research intend to amass in these yoga classes?

How do the yoga participants dress during the sessions?

Which people attend these sessions?

What observations to should the study was undertaken in the two sessions?

What is the objective in classes?

How to participate in the two yoga session?

What is the opposite manner to amass data?

Data collection

The preferred methods of data collection are observation and participation in the two yoga sessions.

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Session Participation

I intend to enroll for Bikram studies via the Bikram website. The website has several affordable packages on offer, as low as \$10 a week. According to Holloway (2007), there are ample forms of yoga; Bikram is a primordial religious practice from India. Fundamentally, yoga entails relaxation and deep breathing as participants form and hold poses. Bikram is physically intensive and involving procedure. Holloway (2007) ascertains that the procedure demands a hot and moist surrounding. This causes disproportionate sweating which liberates the body of toxins (Holloway 2007).

I intend to discern how to form and hold numerous Bikram poses. According to Greenberg (2003), there are several Bikram poses. In her report, Holloway (2007) advises beginners' to start with basic poses like standing head to knee and the balancing stick pose. Straightforward Bikram postures that necessitate steady practice include half-moon and hands to foot. Professional poses include eagle, Triangle, Carmel, and standing bow. According to Holloway (2007), all these poses require continuous practice in order to benefit fully from Bikram. Similarly, I intend to partake in hatha yoga through physical attendance. According to Radha (2006), hatha yoga is the psychological variety of this art. This is evident in its root, in understanding the growth and poise of psychosomatic power. Hatha yoga entails the union of the body, mind, and breath. These elements, when in unison, make man whole (Ambrosini & Kapper 2006).

Access to the yoga classes and data collection

The best way to access these two classes is to enroll in each at a time.

Feuerstein (2006) emphasize that yoga practice requires total cooperation of

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all the apparatus of the human being. This level of unison is only possible when the body responds well to external forces (Ambrosini & Kapper 2006). This level of change is attainable only if the mind is devoid of external influences. In this regard, taking pictures and notes of the procedures and poses are appropriate methods of statistics collection. Ambrosini & Kapper (2006) outlined the central objective of attending the yoga sessions is learning the various postures a deeper understanding of its spiritual connection. In view of this, full participation would be chief to attaining the ultimate wholesome union. An individual would investigate the peculiar technique of both styles. Participation in yoga offers the participant an opening for a deeper self-understanding. Understanding how the poses influence this self-rediscovery forms an indispensable investigation topic. The task intends at observing the poses, its associated physical movements and its psychological consequences on the participants. Raub (2003) denotes the therapeutic properties of Hatha yoga. Partaking yoga heals most psychological conditions (Raub 2003). The populace, which focuses on yoga, looks for distinctive spiritual fulfillment. They aim at accomplishing a level of physical and emotional unity (Ambrosini & Kapper 2006) evidently declared that anyone is free to participate in yoga sessions. Because of the physical nature of the formation of the poses, it is advisable for a participant to dress in light clothing that permits the simplicity of movement (Ambrosini & Kapper 2006).

Results

Collection of pictures of the various poses in the two yoga styles is vital. From individual participation, it is possible to gauge the resulting bodily, emotional and psychological state after the sessions.

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