

<b>STYLE</b>	<b>FOUNDER</b>	<b>CHARACTERISTICS</b>	<b>RECOMMENDATIONS</b>
<b>Ananda</b>	Swami Kriyananda	Very gentle. Preparation for meditation. Directing of energy. Affirmations combined with poses.	Longer meditation may be difficult for arthritis patients.
<b>Anusara</b>	John Friend (student of B.K.S. Iyengar)	Anatomically-based. Emphasis on opening the heart. Extensive teacher training.	Recommended for most arthritis patients.*
<b>Ashtanga</b>	K. Pattabhi Jois (student of Sri T. Krishnamacharya)	Specific sequence. Continuous movement. Very strenuous.	Not recommended for arthritis patients due to physical rigor.
<b>Bikram/Hot</b>	Bikram Choudhury	Taught in 100-110 degree room to expel toxins and increase mobility.	Not recommended for arthritis patients due to extreme heat.
<b>Integral</b>	Swami Satchidananda (student of Swami Sivananda)	Gentle practice including poses, breathing, chants, and meditation.	Recommended for most arthritis patients.*
<b>Iyengar</b>	B.K.S. Iyengar (student of Sri T. Krishnamacharya)	Strong anatomical basis. Uses props to individualize poses.	Recommended for most arthritis patients.*
<b>Kripalu</b>	Amrit Desai	Taught in three stages with evolving emphasis. Stage One focus on learning poses and understanding body.	First stage recommended for most arthritis patients.*
<b>Kundalini</b>	Yogi Bhajan	Intended to awaken latent spiritual energy through poses, breathing, meditation.	Intensity of breathing techniques may be challenging for some patients.
<b>Sivananda</b>	Swami Vishnudevananda (student of Swami Sivananda)	Gentle practice including poses, breathing, chants, and meditation.	Recommended for arthritis patients.*
<b>Viniyoga</b>	Sri. T. Krishnamacharya	Individualized practice. Breath and movement very coordinated. Extensive teacher training.	Recommended in private sessions for most arthritis patients.*

\*See your doctor before beginning any new physical activity.