

Yoga Versus Pilates - Which Should I Do?

Many have heard of yoga and Pilates. But, not everyone realizes that there are several differences between these two types of exercising regimens. In fact, yoga is hardly classified as just an exercise program. Each of these methods are quite powerful tools to allow you to feel and look better. But, they are also very different. In order to help you to make a choice between yoga and Pilates, let's explain them a little further.

Yoga - It came way earlier

Yoga has been around for over 5000 years. It is something much more than just a way of exercising. In fact, it is a lifestyle change that many people need to take seriously. This type of program is centered on the spiritual healing of the body as well as the physical aspects. It uses a wide combination of breathing and movements to get the body back into its targeted range. Yoga is something that encompasses the entire lifestyle in ethical, spiritual and physical form.

It is important to note that yoga is centered on meditation and that the poses that are done are done to allow for better concentration and better meditation abilities.

Pilates - It's a whole different animal

Pilates, on the other hand, is a physical healing process that uses movements and breathing to work. In Pilates, the body is taken from one movement to the next in a fluid change. This allows for continuous improvement in the body in a normal way. Pilates uses Contrology in its dance form. In this, the poses that are done are more fluid and provide for a more natural movement from one to the next.

Both of these types of programs allow for individuals to improve in their health and well being through breathing techniques. Controlled, regulated breathing is very important to the success of yoga or Pilates.

Which Should I Choose?

In order to know which of these you should choose, the best way to know which the better choice is for you is to actually give them a try. Sign up for a couple of classes and give them a try each. Which methods and processes do you feel more comfortable with? Which works the best for your lifestyle? The choice between yoga and Pilates is something that you need to make on your own.

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About the Author

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