

Find Your Yoga Style

How do you know which type of yoga is right for you? We tell you. That's how.

by Dasita Amornvivat



If You Like It Hot, Slow and Sweaty

BIKRAM YOGA

What it is: Also known as "hot yoga," it is a practice based on an unvarying 26 pose series conducted in a heated room. The heat induces greater muscle flexibility and eliminates injury during yoga practice. Sweating from the heat also aids in flushing toxins from the body.

What it does: The demanding movements of Bikram yoga increase your flexibility and enhance blood circulation throughout your entire body. Bikram can relieve tension, stress and can be an aid in overcoming physical and emotional problems such as sciatica, back and neck troubles and depression. With regular practice, proper weight and muscle tone, as well as an overall sense of well-being, can be attained.

Where you can go: Try **Absolute Yoga** (14/F, Unico House Building, Soi Langsuan, 02-652-1333-4, www.absoluteyogathailand.com) or try their new branch, which opens in early December, at Thonglor (2/F Fifty-Fifth Plaza, Soi Thonglor 2, Sukhumvit 55).

If You Like It Faster and More Intense

ASHTANGA/VINYASA YOGA

What it is: This progressive yoga style provides a complete workout for the body, mind and spirit. It consists of yoga postures that are linked with breathing to create a "flowing" practice.

What it does: It increases energy and flexibility while sustaining your heart rate and helping to relieve stress. You can expect to burn up to 400-600 calories in a typical session. This vigorous workout gives you upper body strength, strengthens the heart and lungs, shapes legs and butt, as well as tones arms and abdominal muscles.

Where you can go: Try "Power Yoga" at **Absolute Yoga**. Also, try **Yoga Elements Studio** (23/F, 29 Vanissa Building, Ploenchit Road, 02-655-5671, www.yogaelements.com) and **Pilates Bangkok** which opens on December 15 (888/58 Mahatun Plaza, Ploenchit Road, 01-558-2643, www.pilatesbangkok.com).

If the Throes of Passion Made You Careless

PRE-NATAL YOGA

What it is: A program of modified traditional yoga exercises that are safe, gentle and effective for mothers-to-be in all stages of pregnancy. This practice involves props to help aid exercise as the mother's pregnancy advances. Look out soon for post-natal yoga, as well.

What it does: It helps increase flexibility while stretching and strengthening the body. It develops the lower back muscles, which prepares you physically for labor. It also helps digestion, reduces swelling and improves your emotional well-being.

Where you can go: Try **Absolute Yoga** or **Pilates Bangkok**.

If It's Your First Time

BEGINNER'S COURSES

Try introductory courses to start you on the basics.

Absolute Yoga offers a one-week special for B700 that allows you to try all classes so you can familiarize yourself with the studio and teachers. They also offer ten free days for a price of B1,500.

Call them at 02-652-1333-4 for more information.

Yoga Elements Studio suggest a first-timer's introduction package of ten days of the "Flow" course at B1,000. Or, try the 'Elements' course at B3800 for eight classes in three months. Call them at 02-655-5671 for more information.

