# YOGA VS PILATES: FIND OUT THE DIFFERENCES AND SIMILARITIES

Most people confuse yoga and pilates. We do agree that there are similarities between the two, but there are differences as well. So before you go out and select a yoga or pilates class for yourself, find out the differences and similarities so that you can make an informed decision.

## ORIGIN STORIES

Yoga has been around for more than 2000 years. It originated from India and then quickly spread across the entire world. It takes into account the body, mind, and soul and focuses on the entire being in a holistic manner.

Pilates is a physical support system that was devised by a German anatomist and mechanical genius by the name of Joseph Pilates in the early 20th century.

## THE CONFUSION

The confusion came as a lot of the practices belonging to both the systems are the same.

Both the systems are renowned for their various physical benefits like stress relief, flexibility, breathing control, strength, and endurance. Both the disciplines have multiple interpretations but the major link between the two is the focus on breathing.

## THE MAJOR DIFFERENCE

The biggest difference between the two disciplines is the spiritual factor. Yoga tries to connect you to the entire universe and makes you one with it. This emphasis on the spiritual side is what yoga has to offer that pilates doesn’t. Yoga is a holistic and integrated health management system that uses different elements like breathing, movement and meditation to work on the mind, body, and spirit as a whole. Since it is not just a physical form of exercise, it also includes philosophy and teaches the ethical way of living. It has a lot of variations that start from the ancient techniques like hatha and ashtanga to the modern and creative interpretations like laughter yoga and more.

Pilates doesn’t have as many variations as yoga and people who teach Pilates favor the traditional methods while people who are more focused on their fitness and strength go for resistance based techniques.

Speaking strictly about the physical aspect, both the disciplines increase your strength and flexibility. Your body builds a lot of heat and enhances the regenerative effects while burning calories.

## BODY AND MIND

In yoga, you get to try different poses and hold them for as long as you can. This helps you stretch and move your body and builds a better connection between your tissues, muscles, and joints. Not only that, the meditation factor comes into play and helps calm you down and provides major benefits to your mind as well. The deep breathing helps detoxify your body and brings hydration and fresh oxygen and blood to your muscles and joints. The focus that you need in yoga helps you increase your attention span and stay focused on your task. You become better at getting rid or distractions or ignoring them and focusing all your attention on the task at hand. This is beneficial for you not just in your yoga classes but also in the other aspects of your life. Yoga also helps you with your day to day routine like better sleep.

So, if you are just looking for a form of physical exercise, you can go for either yoga or pilates. But if you are looking for something more, yoga is your best bet.