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How to Find the Right Yoga Style for You

by: **Bob Tom** (reading – 5.8. - 11.8.)

What has now become a popular fitness regime originated 5,000 years ago in India. The ancient people of that region followed this practice to prepare their mind and body for meditation. As yoga helps a person with their body and their thoughts, it was a wholeness of this traditional method that led to its recognition by the whole world. So, if you're sick and tired of your home gym machine and want to move on to something lighter, yet equally effective, yoga is the best. Like exercise, yoga too, has different kinds. Each kind has a specific purpose so here is a list of the different types of yoga and their purposes.

Hatha Yoga

If you are a beginner, it is recommended that you start with hatha yoga, rather than going for a form of yoga that demands greater strength and posture. The word Hatha means effort, or force, and it is slow and, therefore relaxing. It focuses on every pose in minute detail and helps beginners with accuracy and

focus.

Iyengar Yoga

The pioneer of this form of yoga is B.K.S Iyengar. This is another form of yoga that is good for beginners and for those people seeking healing for their physical and mental injuries. It uses different postures and props, such as blocks and belts, to assist with the right positions.

Bikram Yoga

If you are lacking physical and mental strength, and want to learn how to control your weaknesses and gain strength, this is the best yoga style for you. However, it's best not to jump into it before preparing your body and working up to it. This type of yoga is carried out in a room with a high temperature and the heat teaches your body to control itself as well as helping in toxin release through the skin. Doing yoga in a 104°F room is not at all for beginners and, if heat is not your cup of tea, don't worry, there are still loads of other yoga techniques you can choose from.

Vinyasa Yoga

Another kind of yoga, to increase body strength and stamina, is Vinyasa yoga. Unlike Bikram yoga, it has nothing to do with temperature. There are different poses that you go into with continuous heavy breathing. The link between pose and breath is what drives the cycle. The quick movements make this form of yoga energy boosting.

Svaroopaa Yoga

Svaroopaa yoga is a kind of yoga that is mostly for those who are healing from surgery. In recent years it is considered to be an alternative to physical therapy, as it consists of a series of poses on a chair, and it can even prove to be beneficial for people with joint problems.

Kundalini Yoga

If you want to reach a level of spiritual awareness after seeing the media glorify this aspect of yoga, you must surely know a little about this system, if not, you may know about the name and some of the

details. For this form of yoga, you take up different poses, along with continuous breathing and chanting. This will help energy rise from the base of your spine and spread to the whole body. It may take time to attain the desired result as it is a long process to go through but, once you go through it, it is purifying and healing.

Article Source:

https://EzineArticles.com/expert/Bob_Tom/2362899

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Top 5 Attractions to See in Dubai

by: **Satvik Mittal** (reading – 12.8. - 18.8.)

Dubai is one of the most popular cities in the United Arab Emirates. It's known all over the world for its spectacular attractions, such as Burj Khalifa and Dubai Creek. If you are thinking of going on a trip to Dubai, we suggest that you go see the following top attractions. Read on.

1. Burj Khalifa

Dubai is known for its biggest malls and tallest buildings, such as Burj Khalifa. This building features the fastest lift on the planet. You will reach the top in a couple of seconds. If you have a weak heart, don't go for it. However, if you build your courage, you will have spectacular views to see. Moreover, if you love photography, you can take breath-taking photos of the city on top of the structure.

2. Dubai Creek

Once you have enjoyed your time on top of Burj Khalifa, you should go for an abra ride on (my

favorite) Dubai Creek. On the Southern side, you can hire a roofed boat from the most popular Bur Dubai Abra Station. You can then enjoy the ride till the sunset.

Shut your eyes and the boat will take you back in 60s. On the other side, you will have the liberty to visit the spice souk, which is one of the most beautiful markets in Dubai. Over there you can purchase some frankincense.

3. The Sheikh Mohammed Centre for Cultural Understanding

Do you want to know about Islam? Are you too afraid to ask about this religion? If so, this is your chance to ask as much as you want about Islam. This place is ideal for you if you want to have a cross-cultural experience. This center will change your viewpoint about Islam and will give you a fresh insight into this religion of peace.

For breakfast or lunch, the Traditional Emirati cuisine is the perfect choice. Alternatively, you can opt for a bar of Camel chocolate. If you are bold enough, you can go on the roof in order to enjoy the

great views.

4. Public parks

Although Dubai is not known for its parks, you can find a lot of green, clean, tranquil and beautiful parks over there. All you need to do is pay a small amount of entry fee and you can see Pakistani, Filipino, Arabic, Indian and European families have a great time. For instance, the Safa Park is spread over an area of 150 acres and features hills, waterfalls, and lawns.

5. Ravi

Ravi is on the list of most popular restaurants in Dubai. Typically, it's teeming with diners from across the world. You won't find any tablecloths, snooty waiters or wine lists. You can enjoy delicious curry prepared by Pakistani staff. For under 100dhs, an entire family can eat over there.

So, if you are heading for Dubai this year, make sure you check out these 5 attractions. You will have a great time if you are going there with family or friends. Hopefully, you will have a great time.

If you are heading for Dubai this year, make sure you check out the most popular dubai attractions to get the most out of your visit.

About The Author

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Interesting Facts About the Taiga

by: **Andrew T.** (reading – 19.8. - 25.8.)

Did you know, that boreal forest, or Taiga, covers 9% of all Earth's land and is the world's largest land biome? Boreal forest runs across the northern USA and Canada, southern Iceland, across Norway, Finland, Sweden, through Russia, Kazakhstan, Mongolia and northern Japan.

Boreal forest has a subarctic climate with a very large temperature range between seasons, but the long and cold winter is the dominant feature. Taiga sleeps most of the year. At the beginning of April, the forest is dormant, and only first signs of life are notable. Green leaves of lingonberry, pines and spruce trees add some color to the picture, but the rest of the forest has a quite boring monochrome palette. But in a couple of months, this forest will become full of life, sounds, and colors. Billions of birds, from tiny kinglet to big cranes, will come back from south to continue the circle of life and give birth to their offsprings. They migrate thousands of miles every year. This is amazing, but they know the truth of life. The only northern boreal

forest can give them enough for growth.

6 facts about Taiga

The word "boreal" might be most familiar because of the phenomenon aurora borealis, or Northern Lights. The best places to watch the lights are in the northwestern parts of Canada, Alaska, over the southern tip of Greenland and Iceland, the northern coast of Norway and over the coastal waters north of Siberia. The winters, with average temperatures below freezing, last five to seven months. The lowest recorded temperatures in the Northern Hemisphere were recorded in the Taiga of northeastern Russia. Temperatures vary from -54°C to 30°C (-65°F to 86°F) throughout the whole year.

The boreal forest is home to 85 species of mammals, 130 species of fish, some 32000 species of insects, and 300 species of birds. Of the 300 bird species that call boreal forest home during the summer, only 30 stay through the winter. The boreal forest stores enormous quantities of carbon, possibly more than the temperate and tropical forests combined.

The most of boreal forest emerged with the end of the last Ice Age about 10000 years ago, with coniferous tree species migrating north. The forest as we know it today in terms of biodiversity took shape about 5000 years ago - just a seconds ago in the geological timescale.

The soils of the boreal forest are often acidic, due to falling pine needles, and low on nutrients since the cold temperatures do not allow much foliage to rot and turn into dirt.

Taiga is one of the most threatened by climate change and has experienced some of the most dramatic temperature increases anywhere on Earth. Not to mention the threat from clearcutting for toilet paper, timber logging and, in Canada, tar sands oil extraction which now covers an area larger than England.

Mankind is responsible for most forest loss worldwide. The biggest cause of deforestation in Taiga is logging. Russia and Canada (along with Brazil in tropics) had the highest gross forest cover loss between 2012 and 2014.

About The Author

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Visit "Lake In The Forest" blog to read more about the forest, nature and wildlife





5 Tips To Learn The Chinese Language

by: **Shalini Madhav** (reading – 26.8. - 1.9.)

Have you been looking for a way to learn the Chinese language as fast as possible? If so, we suggest that you follow the 5 tips given below. Read on.

1. Chinese is Easy to Learn

According to most people, learning Chinese is hard as this language is the most difficult one in the world. This is partially true. As a matter of fact, the writing system of this language is non-alphabetic consisting of tons of pictographs known as "characters". You have to study and internalize them through constant reading and rote memorization. Aside from this, you have to write in the language over and over again.

The thing is that the language has a very easy grammar to learn. The sentence structure is similar to that of the English language. The verbs have only one form with zero conjugations. Aside from this, Chinese has no gender and no plural forms of nouns. All these things make this language easy to learn.

2. Learn Mandarin

If you have been trying to learn Chinese, you may want to go for Mandarin. This is the most common dialect of Northern China. Aside from this, this is the official language of education, politics and the media in Taiwan and China. Moreover, this is on the list of top languages spoken in Singapore.

In Mainland China, Mandarin means the "common language". Outside of Mainland, Mandarin is considered the national language. To Chinese students, Mandarin is the easiest of the dialects to learn.

3. Speak first

Since the written Chinese is hard, it's a good idea that you focus on practice speaking the language first. Once you have done enough practice, your next step is to improve your writing skills, especially if this is your study or business requirement. While it's a challenge to speak the language, you can master it quickly.

As a matter of fact, the majority of Chinese language apps teach both written and spoken

Chinese. So, it's up to you to choose between the written or spoken Chinese.

4. Learn "simplified" characters

Nowadays, there are two main writing systems in China: "complicated" characters and "simplified characters". Now, the traditional characters evolve from the classic Chinese pictographs. They were used throughout the history of China. As a matter of fact, they have still been used.

Around 100 years ago, the government of China started promulgating an alternative system of writing known as "simplified" characters in order to add to the written literacy in the country.

Nowadays, simplified characters is considered the official script of China and Singapore. On the other hand, the traditional characters are popular in Hong Kong and Taiwan.

5. Be Serious

Unlike most of the western languages, learning the Chinese language requires that you have a

commitment and perseverance. The reason is that the language doesn't have linguistic roots in the English language.

So, you should stick to these 5 tips if you want to learn and improve your Chinese. With these tips, you can learn to speak and write the language in a short period of time.

Are you trying to learn the Chinese language? If so, we suggest that you look for a Chinese tutor. The tutor will help you learn the language faster.

About The Author

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http://EzineArticles.com/expert/Shalini_Madhav/2396631

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你好!

Hello!

