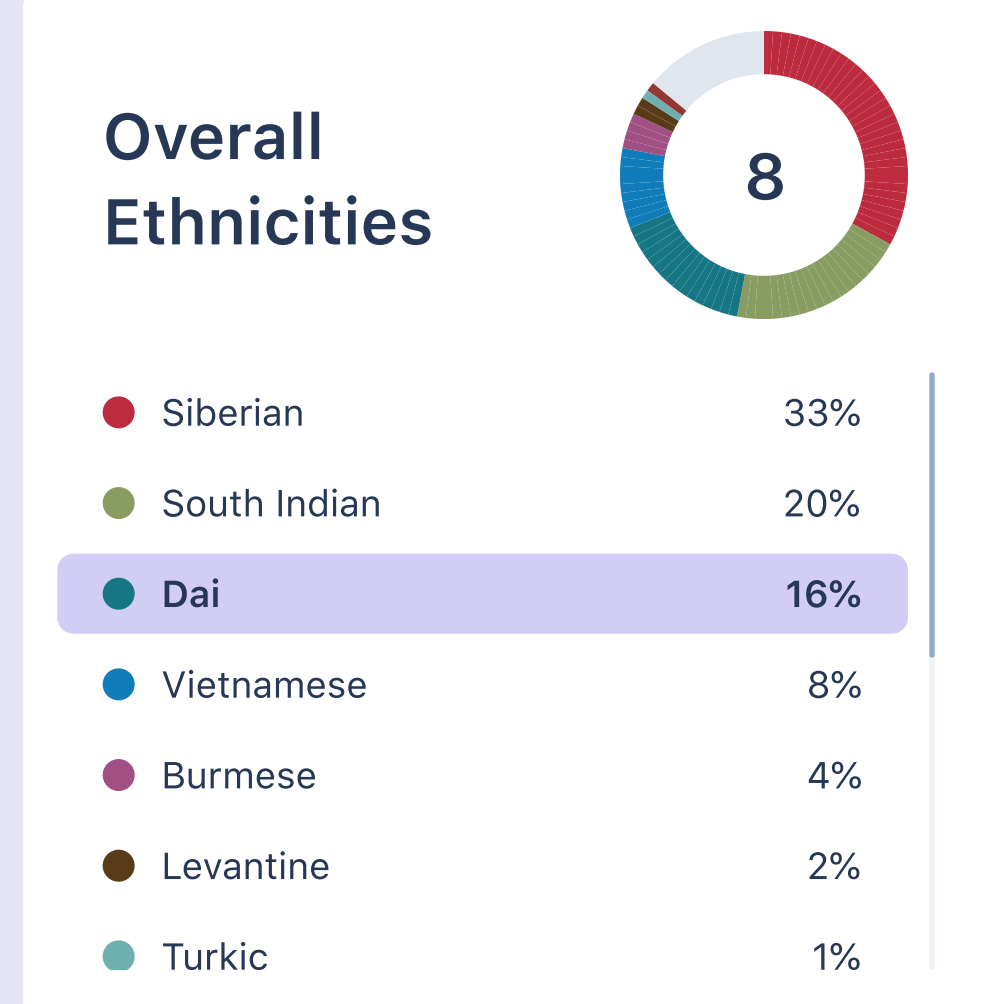
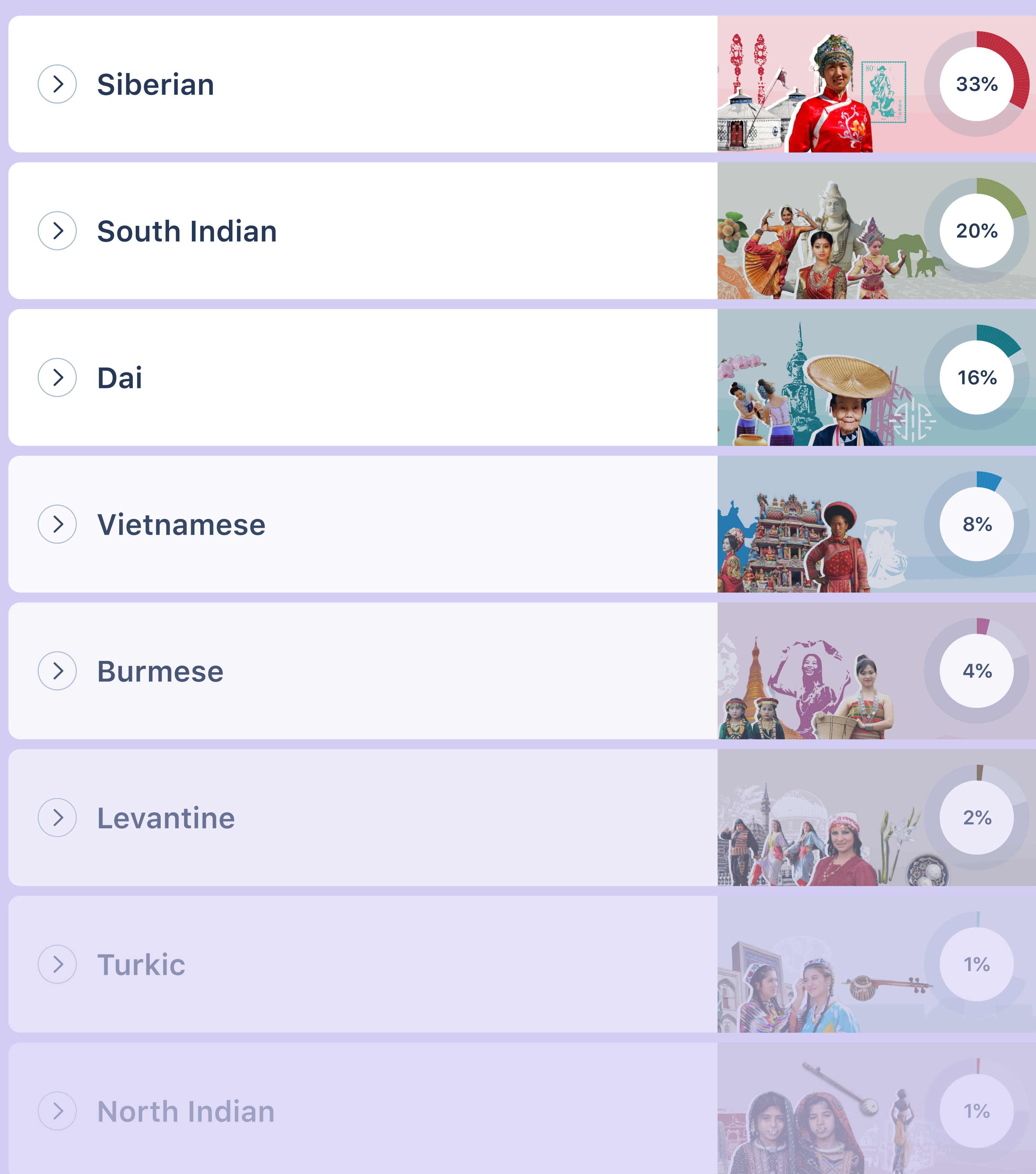


Asian Breakdown by ethnicities



Your Asian breakdown groups



Deep dive into ethnicities



Today western mainland Southeast Asia, the region known as Burma, is a collection of valleys suitable for rice agriculture that faces the Indian subcontinent to the west and serves as a transition zone. But the overall topography, with sharp north-south ranges, is more amenable to migration over the latitudes than across the longitudes. Modern Burmese are clearly a people of the east, shielding from expansion out of South Asia by the Bay of Bengal and the rugged Arakan mountains in the west and sheltered by the Shan highlands to the east. The most deeply indigenous people of the region were the ancestors of the Andama Islanders to the south, but by 4,000 years ago they seem to have been assimilated by East Asia rice farmers pushing out from the north. These ancient Burmans were directly related to similar expansion into Asia's heart, that of the Tibetan peoples, pointing to the deep connections between tropical Southeast Asia and Inner Asia in expansion of *nitro* *homo*'s heart.

19 Asian breakdown ethnicities

