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## Table of Contents

<u>Chapter 1 – Introducing Yoga.....</u>	<u>3</u>
<u>Chapter 2- Weight Loss With Yoga.....</u>	<u>9</u>
<u>Chapter 3 – The Genesis Of Yoga.....</u>	<u>11</u>
<u>Chapter 4: Different Yoga Schools.....</u>	<u>13</u>
<u>Chapter 5: Major Health Benefits Of Yoga.....</u>	<u>16</u>
<u>Chapter 6: Guidelines For Weight Loss .....</u>	<u>19</u>
<u>Chapter 7: Avoiding Common Beginner Mistakes.....</u>	<u>21</u>
<u>Chapter 8: Asanas: Yoga Postures.....</u>	<u>25</u>
<u>Chapter 9 – Nutrition Ideas To Drop Fat With Yoga.....</u>	<u>28</u>
<u>Chapter 10 – Yoga Poses for Weight Loss.....</u>	<u>31</u>
<u>Conclusion – Don’t Procrastinate, Start Yoga Today.....</u>	<u>34</u>

# Chapter 1 – Introducing Yoga

Out of the many things that India is known for in her contribution to the world, 'Yoga' is perhaps one of the most important and popular exports. From the ancient times, the ascetics, the 'rishis' and the 'munis' of India have been practicing this form of art and science and deriving the benefits of enlightenment that accompany yoga.

What is Yoga and why is it important in today's world?

The importance of yoga in today's world has a lot of definitions floating around; however, if we go back to the roots of the word, we find that the term 'Yoga' has its origins in Sanskrit. It means to unite - Yoga helps the body to unite with the other vital metaphysical aspects of the mind and spirit. It is also often defined as a lifestyle which aims to have a healthy mind within a healthy body.

Most simply defined, yoga is a set of poses or 'asanas' , coupled with breathing techniques, which help impart strength and flexibility to the body while helping to balance the mind and its' thinking. Unlike other physical forms of exercises, like the aerobics, by practicing yoga, one can not only achieve physical health, but also mental and spiritual well-being.

The aim of yoga is to promote overall well-being of the body. And though, it is found beneficial for a variety of conditions, it is not considered a therapy for specific illness. Unlike other forms of exercises, yoga has a more holistic approach to teach the people

the right way to lead their lives disease free and stress free. In today's world, all of us suffer from stress and a perpetual anxiety to perform well, leading to a plethora of diseases that we expose ourselves to. Yoga aims to calm and compose our minds and help us focus clearly on what really matters - good health and the happiness that accompanies it!

## **Benefits of Yoga**

### **Mental health**

- Let us first begin with the benefits of Yoga on mental health. After all, good mental health is of paramount importance for being healthy physically as well. As advised above, breathing technique forms an integral part of Yoga. Do I hear you asking 'how?' It really is very basic - by breathing deep and right, something that you would be doing when you practice Yoga, you are inhaling more oxygen and allowing the cells of your body to have access to that oxygen for a longer period of time.
- A common practice in yoga is to breathe only from one nostril at a time, while holding the other one closed with the tip of your finger. Medical research has shown that this boosts increased activity of the opposite side of the brain, leading to better cognitive performance and tasks associated with the other side of the brain. Regular yoga practice helps children with attention deficit disorder and people suffering from anxiety, depression and mood swings. It also helps keep the mind calm and reduce stress and thereby increase the general well-being of the person.

### **Strength**

- Ever wondered, why so many of us, after a hard day's work, come and plonk ourselves, on our home sofas, with very little energy to even fetch a glass of water for ourselves. This is caused by lack of inner strength. Certain asanas of the yoga help generate inner strength. Inner strength is essential in doing day to day activities and in preventing you from injuries. This is especially useful, as we grow old and need more energy and strength to do the same activity.

#### Flexibility

- The popular notion that you need to be flexible in order to do yoga is incorrect; it is really the other way round - you should do yoga so that you can be more flexible. If you have a flexible body, you find it easy to do tasks. A lot of poses in Yoga concentrate on stretching and improving your flexibility.

- With yoga, not only the muscles of the body, but also the softer tissues of your body are worked out, resulting in less build-up of the lactic acid, which is responsible for stiffness in various parts of the body. Yoga increases a range of motions of the less used inner muscles and helps in lubrication of joints. The result is a more flexible body, able to perform tasks easily!

#### Cardiovascular

- Yoga has a lot of positive effects on the cardiovascular system of our body. A healthy cardiovascular system is responsible for preventing heart attacks, strokes and hypertension. Heart disease is a problem which has roots in an improper lifestyle, faulty diet and negative thinking. Our thoughts, emotions and feelings affect our body and negative emotions/thoughts send a series of complex and unhealthy chemical processes throughout the body, giving alarms that something is amiss. Yoga tends to control

these by bringing in fresh life-giving oxygen. The anti-oxidant properties of Yoga help in preventing the negative emotions and promote a general well-being in the body.

### **Joint pain and arthritis**

- The general tendency of people suffering from joint pain, inflammation and stiffness is to avoid exercise. Yoga helps prevent advancement of this malady by toning the muscles and loosening the joints. When a person suffering from joint pain practices yoga, the gentle stretching and strengthening movements of the various Yogic poses, improves the blood flow to the muscles and tissues supporting the joints, thereby making it more comfortable to move.

#### **Respiratory problems**

- Practice of certain asanas of Yoga has helped check chronic cases of Asthma and other respiratory problems. When the nasal passages get inflamed, they start producing mucous in excess making it difficult to breathe and often have common symptoms like coughing, wheezing etc. Respiratory problems could also be caused by multiple factors like allergy, exercise, weather change etc. By practicing yoga, the lungs capacities increase and so does stamina and stress on air passages is reduced.

**Back pain**· Yoga has helped innumerable cases of back ache. Back ache is caused due to stress and tension in the muscles supporting the spinal cord. Back ache may be caused due to improper postures mild injuries, which have been left untreated etc. Yoga has seemed to help cases of back pain by enhancing flexibility and strengthening the muscle groups supporting the spine, helping the body to maintain an upright posture. It eases the back pain by increase in blood circulation and getting healing

nutrients to the injured muscles. Apart from healing injured muscles, it also prevents further injuries by strengthening the muscles.

## **Memory Improvement**

"Memory is the measure of ability to reproduce the knowledge that is known", says Yogacharya Vishwas.

"Memory is holding on to that which has been known."- The Hindu Texts.

- Yoga helps in retaining information better and for a longer period of time due to its focus on concentration and meditation. By breathing right, concentrating and meditating, more blood flows to the brain , making it supple and ready to accept more information and reproduce that information when required.

### **Obesity**

- Obesity is when a person weighs more than his normal/ stipulated weight. This may be caused due to faulty eating habits, stress related eating, imbalances in the digestive and endocrine system or even something as basic as less physical exercise. Yoga helps obesity by inhaling more oxygen, which helps in breaking down fat cells and increasing your metabolism. Also, it helps remove sluggishness from the digestive and endocrine systems, making them work better.

## **Anti-Ageing**

- Regular practice of yoga has anti ageing effects. Yoga revitalizes the mind and makes the approach towards life positive and stress



free. Apart from this, a person practicing yoga regularly is more flexible, fit and mentally agile. Overall happiness and positive attitude towards life reflects on the face , leaving it glowing and reverses the ageing effect internally.

The importance of yoga in today's world has a whole lot of other everyday benefits such as sound and deep sleep, high energy levels etc. However, the key to deriving these benefits is to be consistent with Yogic practices and do it under the supervision of a well-trained yoga teacher.

## **Chapter 2- Weight Loss With Yoga**

In today's society, obesity is a cause for concern with even children that are overweight. Apart from eating healthy, it is worth looking at the importance of yoga and weight loss.

Weight gain is not only about the number of calories taken in. There are other underlying causes in the body that will result to weight gain if they become unbalanced. The use of yoga posture can be very helpful in redressing this balance hence helping the body to burn fat more effectively resulting in healthy weight loss.

Some vital functions of the body that can be improved by yoga and help promote weight loss:

### **The liver**

The liver is the body's own detoxifying machine. A healthy liver works effectively to cleanse the blood of bad fat and helps the blood make use the good fat. Certain yoga postures help increase the functions of the liver. A healthy liver will remove bad fat effectively. Yoga postures like cobra pose and bow pose can be used.

### **The thyroid gland**

Yoga and weight loss program can also involve poses that stimulate the thyroid gland. The hormone that governs the body's metabolism is in the thyroid. How high or low a body's metabolism is depends on how active the thyroid is. Most weight gain issues are due to hypothyroidism meaning low thyroid activity. Activating the thyroid function by using postures like fish pose and shoulder stand will help greatly towards weight loss.

### **The nervous system**

It is not necessary to attend a hot yoga class to generate body heat. Internal heat is created in the body using nerve tension heat and length. This internal heat can burn deep and low seated fat. This can be achieved using the lunge and the seated forward bend.

### **Heart rate**

It is very common to see people jogging to get their heart rate up in the quest to lose weight. This has been proven to stress the nervous system. Since a perfectly working nervous system is needed to aid in the yoga and weight loss program, any activity that adds stress to the nervous system should be avoided. It is better in the case of loss weight to use activities that raises the heart rate for a short period and then back down. This can be easily done using yoga.

### **Body movements**

Yoga exercises that work to lengthen and shorten the muscles will aid in weight loss. Muscles use fat as fuel and will continue to do so even while in rest position. Strength exercises such as arm balancing will work well as they work all body muscles at once. Recommended yoga postures include crane and scale pose.

In Ayurveda, it is said that the issue is not to lose weight but to avoid weight gain. As we will discover in this guide, Yoga and weight loss programs will lead to a healthy, slimmer and younger looking you!

## **Chapter 3 – The Genesis Of Yoga**

Whether you are a yoga fan or are just now discovering the art, knowledge of the history of yoga can help you appreciate its origin, understand it as a life transforming facet and effectively incorporate it into your life to shed those extra pounds and experience what yoga has to offer.

So we must start at the beginning. Yoga is believed to be as old as civilization. Scholars have traced the origin of yoga to Stone Age Shamanism. Like yoga, Shamanism's major aim was to improve the condition of human life, heal community members and act as a spiritual mediator.

The earliest archaeological evidence depicting the history of Yoga dates back to 3000 B.C. It is found in stone seals featuring yoga poses. More effectively, yoga history is divided into four periods which clearly detail its evolution into the modern yoga. These include:

### **Vedic**

This period is represented by the Vedas; the sacred scripture of Hinduism. The Vedas have evidence of the oldest Yogic teachings called Vedic Yoga or Archaic Yoga. Vedic Yoga involved rituals and ceremonies designed to connect people to the spirit world and surpass the mind's limitations. Vedic yogis; also called rishis were consulted for spiritual illumination.

## **Pre-Classical**

This era began with the 200 Upanishad scriptures that related ultimate reality to the transcendental self. However, the Bhagavad-Gita, which was created in 500 B.C., is a more vivid representation of the history of yoga and is devoted entirely to Yoga. The Gita brought together three facets: Bhakti (loving devotion), Jnana (contemplation or knowledge) and Karma (selfless actions). By so doing, it united Bhakti, Jnana and Karma yoga.

It was also during the pre-classical period that yoga found its way into Buddhism, with Lord Buddha being the first Buddhist to study yoga. Buddhist scriptures taught physical postures and meditation.

## **Classical**

Classical yoga is marked by the creation of Yoga Sutras by Patanjali. The 195 maxims expound on Raja Yoga using Patanjali's Eightfold path of yoga or the Eight Limbs of Classical Yoga which are: Yama (ethical values) Niyama (observing purity, tolerance and study) Asanas (physical exercise) Pranayama (controlled breathing) Pratyahara (withdrawing to prepare for meditation) Dharana (concentration) Dhyana (meditation) Samadhi (ecstasy)

## **Post Classical**

This is the most modern era marked by an abundance of yoga literature and widened yoga practice. Post-classical yoga differs from previous yoga practices in that it teaches one to accept reality and live in the moment rather, than get liberated from reality.

Yoga found its way into the West in the early 19th century. It was first studied as Eastern Philosophy before becoming popular among vegetarians and health conscious people in the 1930s. By 1960s several Indian yogis had popularized yoga such as Maharishi Mahesh who taught Transcendental Meditation and Sivananda who popularized the now widely used principles of yoga, which include:

Savasana (proper relaxation)Asanas (physical exercise)Pranayama (proper breathing)Dhyana (meditation and positive thinking)Proper diet

Today, yoga has crossed geographical and spiritual boundaries and is practiced globally as a means for health and wellness.

## **Chapter 4: Different Yoga Schools**

Nowadays, yoga has become a well-known term, and people have gotten awareness about it. Contrarily, in old times, not so many people were familiar with it and only a few had a vivid idea about its beneficial aspects.

The history of yoga emerging in the western world goes back to 1890s when Swami Vivekananda travelled the Americas and Europe for the first time. In 1900s, Indians started practicing yoga and a health yoga movement was started by Dean Ornish in 1980s. Presently, yoga has stepped into gyms, and every gymnasium seems to have a yoga teacher who makes the members practice various techniques of yoga and teaches them how they can make their yoga super beneficial for them.

Not only, gyms, but many health spas and cruises as well, have facilities to teach people the ways of practicing yoga and making it useful for them. A whole lot of yoga schools are also working nowadays. They have their own way to deal with students and different yoga schools, and their teachings vary from one another in many aspects.

If you want to make your health better, it is never too late. You can start right now and join a yoga school in your locality. Different yoga schools and their teachings are helpful in maintaining ideal health and the techniques you learn there are worth practicing. If you join an ordinary gym, it is also not a bad idea. However, don't you feel it is a bit of a conventional method? Come on, the world has progressed and people prefer going for

fast methods. Work smartly and join a yoga school. In an ordinary gym, it becomes a bit boring for you to practice those repetitive exercises every day. Conversely, in the case of yoga, there are thousands of techniques and exercises that can try out, and you never get fed up with practicing similar one daily. A yoga teacher is always there for you to help out. If you have any difficulty in trying a technique, you can consult your teacher. He can demonstrate you and make you learn that quickly.

Apart from these, yoga schools are laced with all the essential facilities required for practicing different yoga techniques. Your demonstrator not only makes you learn several ways of yoga exercises but also advises you which yoga technique you need to practice making your health better. These demonstrators are highly skilled and experienced in their field. They possess understanding about their students and their requirements. So, different yoga schools and their teachings are best for maintaining your health in no time.

Talking about the benefits of yoga, in the next chapter we find a plethora of them. Yoga helps you in deep breathing. This way, you can improve oxygen absorption and conversions, blood circulation, relax your muscles and make your brain activity better. Hot yoga and Bikram yoga are known to have these tremendous effects on your body. These are most popular yoga techniques and give exceptional results. So, check your nearby different yoga schools and their teachings. Select one which suits you and enjoy some marvelous yoga techniques now.



## **Chapter 5: Major Health Benefits Of Yoga**

As we have learned, Yoga is not a new trend among human beings. It has been around in some form or another for 10,000 years and it is practiced by many people from all parts of the world. Yoga has gained popularity among many people due to its health benefits to people of all ages, children and adults alike. Doctors, therapists and ordinary people who have had an experience of yoga have witnessed that yoga is good for physical, emotional and psychological health.

Generally, yoga uses both physical and meditative practices to bring about inner harmony within you. According to yoga experts, yoga physical and emotional practices work at the deepest levels in people's body and can heal many different ailments.

There are numerous health benefits associated with yoga. Other than being used to achieve the peace of mind and body it is currently used as a complementary medicine in the treatment of anxiety and stress. For instance, yoga physical postures increase body flexibility and helps in strengthening body joints.

Yoga also helps in pain management that could be as a result of being stationary for a long time. This could be after spending a long time driving or seated in an office. Yoga can be used to make muscles flexible and bring about relaxation.

Yoga is also the best natural weight loss. Its physical postures

increase body metabolism and enables you to lose weight naturally and with no side effects. Yoga improves breathing by taking deep breaths and long pauses that help in clearing the nasal passage and heal other respiratory diseases such as sinus and asthma problems.

Yoga also helps in strengthening the nervous system. Another important health benefit associated with yoga includes lubrication of body joints. Yoga exercises work on both external and internal body organs and this enables them to remain healthy and function efficiently. More so, yoga treats chronic diseases by improving body mechanism thereby helping it to get rid of major chronic diseases.

Other than using chemical detoxification that could have immediate or future side effects to your health, yoga serves as natural detoxification agent. It helps an individual to get rid of toxic substances from the body naturally with no side effects.

Another important health benefit is its anti-aging effect. Yoga helps you to look and feel younger and this helps in delaying the appearance of wrinkles on the face. It is also important to note that yoga helps in improving the memory especially in those who forget very fast. This is because yoga improves blood circulation to the brain and other parts of the body.

Lastly, yoga provides a lasting solution to mental and emotional disorders. It helps in getting rid of stress and this helps in calming the mind. Consequently, you are able to live a healthy life with self awareness and confidence. Generally, the health benefits

associated with yoga are numerous and it's the best way to live a healthy life through the natural way.

# **Chapter 6: Guidelines When Beginning Yoga For Weight Loss**

According to the yogic, ***man's problem is not being awakened enough to know the inner self.***

In yoga, breathing is considered the source of life and breathing exercises and postures are used to connect with the spirit. For a beginner wishing to take on yoga, some guidelines when beginning yoga are in order to help appreciate the experience more. The main issues are where, when, what and how to practice yoga

Where is the best place to practice?

Yoga can be practiced at home or in a yoga class. It can be practiced indoors as well as outdoors. For indoor sessions, select a particular area and turn off any noise source. If warmth is needed, a yoga mat or any exercise mat can be used. When practicing outside, shaded areas are better.

When is it recommended to practice?

The first thing is to choose a time when there will be no disturbance or distraction. Also there is no need to rush so choose the right time. The experience will be better and effective if the stomach is empty so wait at least two hours after meals. The postures also called asana will be best taken when the body is relatively flexible. Choose the right time of the day during which your body is most flexible. Most guidelines when beginning yoga will suggest sessions of at least ten minutes of posture. If meditation is to be added, this could be increased to about twenty minutes or more.

How is the practice done?

Yoga is practiced on bare feet. Bare feet not only help in taking the right posture but also help prevent slipping. Wear clothing that is loose and comfortable enough to allow the different postures to be taken.

What postures (asana) to take?

Yoga is not about force and any exercise that creates tension in the body should be abandoned. Even before you beginning taking postures, it is important to understand your own body and how it can go. Yoga is not done for competition and patience and effort will pay off.

Other guidelines when beginning yoga

1. Always begin each session with a warm-up. Use exercises the stretch the spine and legs.
2. Understand inhalation and exhalation procedures. Inhalations are associated with expanding movements and exhalation with contracting movements.
3. Sequencing is the change from one pose to another. This helps to balance the workout session.
4. Understand the different uses of the various poses.
5. Always breathe through the nose.
6. Start with simple postures and move up as you get more comfortable.
7. Always avoid injury by not forcing the body into a particular posture.
8. Always end the session by relaxing the body.

Like in all exercises, starting simple and getting complex later will

yield more benefit. With yoga, constant practice session is the key to getting better. Postures are repeated three times but instead of trying to do a posture thrice, try to get it right even once. Hopefully these guidelines when beginning yoga classes will prove useful to those considering yoga.

# **Chapter 7: Avoiding Common Beginner Mistakes**

Uncertainties are normal whenever you start on something new and these uncertainties could lead to negative first impressions, thus resulting to backing out and not wanting to try the same activity again. The same goes with yoga. Yoga exercises can provide you with lots of benefits, both physical and spiritual and missing out on its important elements can result to negative results. Avoiding yoga beginner's mistakes is of utmost importance and 3 of these common mistakes include the following:

Not knowing what you want from the practice

You may not be aware of the fact that there are various styles and forms of yoga and these have their own different attractions. Before enrolling in a yoga class, it is necessary to determine first what attracted you to yoga and from there; you can start investigating the different styles that will cater to your attraction. You can set goals and these goals can be mental, physical or spiritual. Once you have set your goal, you can now discuss this with your yoga instructor before you begin with the classes. Your instructor will be able to discuss with you your goals and give you advice on how you can easily achieve it. However, make sure that you have a set timeframe for these goals to make it more measureable.

Jumping in Feet First

Once they have decided to attend a yoga class, some people tend to head on and jump to a 12 month class. Take note that these classes normally require an upfront payment and it progresses from one level and so on as the week progresses. Although learning yoga is fantastic, you should not opt for a 12 month class, as you are not yet sure if the class you opted for is ideal for you. The best thing that you can do is to join beginner yoga classes first. Once you have attended these classes, you can easily determine the type of yoga that you want for yourself and your goal.

As these classes were designed to give students a broader understanding on the different types of yoga, the levels of students also vary and the instructors are normally strict. However, this is beneficial for you because as mentioned, it can help you determine the type of yoga that will be most suitable for you without involving any huge financial outlay. You will not be required to attend every class as well, so you will not fall behind when you miss a class, unlike in longer courses of yoga.

### Choosing the Wrong Instructor

Yoga instructors should have been an apprentice of a skilled guru for several years before being able to teach simple yoga techniques. However, there are yoga instructors who just went through a 3-day course and this will definitely make a huge difference. Proper yoga techniques can be achieved depending on the level of abilities and skills of the instructor that is why it is necessary to find the right instructor for your yoga class. Although unqualified yoga instructors are not necessarily terrible, qualified instructors are still your best option.



Avoiding yoga beginner's mistakes can help you succeed in learning yoga techniques and in achieving your goals. If you can avoid the common mistakes mentioned above, it would be a lot easier for you to learn this practice and be able to reap its benefits without wasting your time and effort.

## Chapter 8: Asanas: Yoga Postures

Yoga is carried out by making postures known as asanas. These postures ensure that the person doing yoga is relaxed for a specific duration. In the modern age, there are many postures that are made to exercise both the body and mind.

**Asanas:** Yoga Postures—the Fundamental Yoga Poses Types - basically, there are four types of yoga postures with many sub-postures. These four postures are standing yoga poses, sitting yoga poses, yoga poses while lying down on back and yoga poses while lying down on the stomach.

### Standing Yoga Poses

These are yoga poses that are done when one is standing. Under this category of yoga postures, there are various different postures that can be made such as: standing sideways while bending one arm; bending sideways while using both arms; standing on a spinal twist; bending forward while standing; bending backwards while standing; making a triangle pose; making a warrior pose; bending forward with the feet apart; making a tree pose; making a chair pose; bending forward while standing on one leg.

### Sitting Yoga Poses

These are yoga poses that are done when one is sitting. Under this category of yoga postures, there are various different

postures that can be made such as: making an inclined plane posture; sitting with a half spinal twist posture; sitting with a butterfly posture; making a cat stretch; making a child posture; making a mill churning posture; making a bow pose; making a cobra pose.

### **Yoga poses while lying on the back**

These are yoga poses that are done when one is lying on the back. Under this category of yoga postures, there are various different postures that can be made such as: superman pose; fish pose; locust pose; bridge pose; boat pose.

### **Yoga poses while lying on the stomach**

These are yoga poses that are done when one is lying on the stomach. Under this category of yoga postures, there are various different postures that can be made such as: shoulder stand; wind-relieving pose; plow pose; lying-down body twist; corpse pose; lying-down on sides.

### **Asanas: Yoga Postures—the Fundamental Yoga Poses Practices**

Whenever carrying out asanas, there are practices that are observed. For instance, one should perform the positions on an empty stomach. This is in order to avoid constipation. When making the postures, force, or else pressure, must not be

applied. The body should be stable and trembling completely avoided. The head in particular, as well as other body parts, such as the heels, must be lowered slowly to avoid any physical injury. Whenever the postures are being made, breathing should be well controlled.

## **Advantages of Yoga**

There are many advantages that come along with taking up yoga. These include: Improving flexibility; improving balance; improving strength; reducing anxiety and stress; reducing lower back pain symptoms; reducing hypertension; shortening labor; improving fitness/physical health; reducing sleep disorders; decreasing fatigue while increasing energy.

With such benefits to the health, mentality, and fitness, yoga is surely a practice that all should undertake, whether young or elderly.

## **Chapter 9 – Nutrition Ideas To Drop Fat With Yoga**

Ideally, it is always a good idea that you conduct yoga practice without eating anything too close prior to beginning. But as it is not possible all the time because of personal and professional commitments, you need to be very careful of what you are eating.

### **Timing**

Timing is quite pivotal. If you are interested in a light meal before going for yoga practice, it is advisable that you take it one to two hours beforehand. When you follow this strategy, it will give your digestive system quite a bit of time to settle down. This will ensure that you are going to feel at ease during class.

For people interested in heavier meal, the time frame should be in the vicinity of four to five hours.

### **Fruits and vegetables**

Your first preference should be fruits and vegetables. One of the most important things about fruits and vegetables is that you are not going to have any digestive issues and in a matter of hour, you will get a feeling of empty stomach. In addition, inclusion of fruits and vegetables in your diet is advantageous for your overall health.

## **Heavy foods**

Make sure that you stay away from heavy foods. Before yoga class, you should not eat meats, pasta and processed grains. After eating these foods, you are going to feel lethargic, which is not ideal when you are all set to give your all in your yoga workout.

## **Spicy foods**

Similar to heavy foods, you should also stay away from spicy foods. Because of the fact that spicy foods can easily lead to heartburn, you should not take these foods before starting the yoga practice.

Talking about yoga, not only it has an impact on the outside portion of your body but also inside portion and therefore you can pretty much imagine how it is going to be when you fill your stomach with spicy foods.

## **Yoghurt**

Before going for yoga practice, it is always a good thing to try yogurt. Taking yoghurt half an hour before the yoga class is not only going to be good for your digestion but also the strengthening of your heart.

## Final diet tips

No two individuals are same and therefore you will find that there is going to be variation in terms of diet as well. It's not easy figuring out an ideal time for eating before yoga. But as the time passes by and you get to know about your body, more notably, your digestive system, you will be able to plan out things in a much better manner.

Individuals with low blood sugar need to eat something fifty minutes before yoga practice. When it comes to yoga practice, use of nuts is recommended. Almonds, pecans and walnuts contain essential iron and vitamins, good for your health. For healthy intestinal tract, pecans is one of the best options. There are lots of poses in yoga that are going to have a positive impact on the intestines. To get the best out of this, you need to take pecans and walnuts on a regular basis.

# **Chapter 10 – The Most Effective Yoga Poses For Weight Loss**

The most effective yoga poses for weight loss can actually make you lose weight just like employing other high impact exercises. Yoga is known for being a stress-relieving method, but it has also been proven by many people to be an effective weight loss remedy. Yoga started as a means of meditation from ancient civilization and was very popular in Hinduism.

Yoga is beneficial for the overall health not only just the physical aspect of people. Among the benefits of which include better equilibrium, increased reaction time, improved energy levels, enhanced sleep, improved memory and concentration, reduced depression and anxiety and many others.

For people who want to lose weight, it has been proven that yoga is also effective for the normalization of weight. The most effective yoga poses for weight loss actually helps you maintain a desirable weight because they tend to increase the metabolism while these poses are being employed. Also, it improves the overall circulation to effectively utilize glucose and fats for energy production instead of being stored as fats.

Not only do they increase burning of fats, they also tone major muscle groups for a leaner body. So to help you maintain a normal weight, the following are the most effective yoga poses for weight loss that you can do at home:



### 1. Crescent

This yoga pose tones firms the thighs, hips and abs. Stand with your feet together and your arms at your sides. Breathe in deeply and raise your arms overhead in a straight manner. Slowly exhale and bend your knees forward while lowering your hands to the floor. Inhale and exhale while assuming a lunge position and bring your arms overhead again.

### 2. Willow

This position helps you tone your legs, arms and behind. Stand with your feet together and your arms at your sides. Lift your legs and place the sole of your right foot against the inner left thigh ensuring your knees are turned to the side. Position your arms in front of your chest with palms facing each other. Extend your arms up towards the ceiling. Bend torso to your right. Repeat for 5 times after which do it on your other side.

### 3. Twisted Chair Pose

This is one of the most effective yoga poses for weight loss because it improves the circulation and calorie burning by using each and every major and minor muscle groups in your body. Stand with your feet together. Bend at your knees and assume a position as if you are sitting on a chair far behind your back. Place your palms facing each other in front of your chest. Rotate and bring your left elbow to your right knee. Hold the position for 30 seconds and release. Repeat on the other side.

### 4. Locust Pose

This is another one of the most effective yoga poses for weight loss as it strengthens your lower back and legs. It also boosts your energy levels to make you feel an increased feeling of well-being. Lie on your abdomen with arms on your side facing the ceiling. Lift your head, arms, legs and body off the floor as if the only ones in contact with the floor is your stomach. Hold the position as high as possible and feel your muscles contract. Release after 30 seconds and repeat three to five times.

## 5. Bow Pose

This is similar to the locust position only that your arms reach for your legs so you are doing a more difficult pose. First, perform the locust position. Bend your knees up ward so your arms can grab your ankles. Make your position as relaxed as possible to prevent muscle strain. Hold the position for 30 seconds and repeat three times.

You can actually do more poses, but remember not to miss these out because they are just some of the most effective yoga poses for weight loss

# **Conclusion – Don't Procrastinate, Start Yoga Today**

As we have learnt throughout this guide, Yoga is more than just stretching; it is a spiritual experience as well as a physical one mastering exercises and postures as well as your breathing. Yoga is considered by some to be an alternative for medicine. It has a lot of benefits not only to the physical but also to the mental state of a person. So to conclude this beginners guide we will recap what we have just covered

## **Where Did Yoga Originate?**

Yoga is believed to have been in existence since thousands of years ago even before the ancient people learned the writing system. It originated in India where its name was derived from the Sanskrit word yui which roughly translate to English as unite. Experts believe that the practice was named this way because it unites the body, the mind and the soul into one to create a holistic effect. Over the years, more and more techniques are created to make a better yoga experience for people who want to improve their overall health condition.

## **What Are The Benefits Of Yoga?**

### **The Physical Aspect**

Some people started practicing yoga because they wanted to

become more flexible. The practice involves different poses where muscles have to be stretched. This is very useful for people who have arthritis and those who are in their old age. As the body ages, the bones become more rigid and the muscles become weak. With yoga, even elderly people can move like they are 20 years younger.

Yoga poses are specially designed to improve the core strength of the body. As people continually practice the positions, the muscles are becoming more and more toned. After doing yoga for several weeks, you will realize that your stamina has improved and you will feel stronger.

With yoga's focus on poses, posture will be dramatically enhanced. A lot of medical conditions are brought about by poor posture which include spinal cord problems, chronic fatigue syndrome and back pain. Good posture, on the other hand, will improve the circulation of blood in the body and will result to a healthier and more alert mind.

## The Mental Aspect

Yoga focuses more on breathing than perfecting the poses especially for beginner classes. Proper breathing will help clear the mind and reduce stress. With effective meditation techniques, people will be able to create more sound decisions and these will prevent them from acting out of whim.

Practicing yoga will prove to be essential in fighting depression and increasing concentration. When a person is depressed, a lot

of things fill the mind and this can lead to several accidents involving poor concentration. This can directly affect work and daily routines.

## How Does One Get Started With Yoga?

Although it is perfectly fine to practice yoga at home with instructional videos, it is still recommended for beginners to take basic lessons. Learning the proper way of breathing and the proper way of doing basic poses will be helpful to maximize the health benefits. Everyone should have all the necessary items which include yoga mats, straps and proper attire. Knowing the basic order will also help beginners prepare for the sessions. Warm-up poses are done during the first few minutes followed by the poses in their respective order - standing, sitting, twists, supine and prone. Finishing poses are done at the last part of the session which aims to cool down the body.

Yoga is great for everyone. Don't procrastinate and start yoga today to reap the benefits