

# **Yoga for Weight Loss**

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**Illustrations by Virginia Innes**

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## Chapter 1

### Yoga for Weight Loss?

Are you kidding me Angela? Yoga? There's no way leisurely stretching and holding poses can help me lose weight! This may be what you're thinking right now, but still, you were intrigued enough by the idea that you purchased this ebook. Well, keep reading, because I will reveal the secrets of why yoga is an extremely effective way, and for some people, perhaps the *best* way to lose weight.

There are a lot of forms of exercise and exercise programs out there; lots of ideas about the best way to lose weight. There's lifting weights, running on the treadmill, spinning, circuit training, boot camps, dance workouts. There are even video games that are supposed to get you in shape! Some people join a gym, hoping since they've paid money they'll feel motivated to go. I did this years ago, and honestly only went one time. I know I'm not the only one who has done this. Some people love the gym and it works for them, and some even work out 1-2 hours or more per day. But what about the rest of us? If you're anything like me, you either don't have the time or the desire to do that. You don't have to in order to effectively lose weight. Many believe that working themselves to death is the only way to lose weight. Still others hire a personal trainer so they're accountable to meet with someone for their workout. But with yoga, none of these are issues. Yoga takes a completely different approach, and it's an approach that works with almost any schedule.

Most other exercise programs focus solely on the physical part of losing on the weight, and completely neglect the emotional and spiritual aspects of it. Can your emotions and spirituality have anything to do with losing weight and being healthy? Absolutely! If you don't believe me, it's probably because you don't understand how the emotional and spiritual part of you affects the physical part of you. Let me explain.

Some say yoga has been around as long as 10,000 years. The word yoga means "union," as Hindus believe that through yoga they will reach oneness with their bodies and minds, and through this they will be closer to their gods and achieve eternal life through reincarnation, and ultimate peace. While you don't have to be Hindu to practice yoga, keep in mind the "peace" I mentioned. This is the key to losing weight with yoga.

You still may be confused because so much you read and hear about losing weight concentrates on the idea of burning calories by moving fast and getting your heart rate up. While this can be effective in shedding pounds, it also can put the body under a lot of stress, not to mention, that overworking the body can actually have the opposite effect of weight loss. You hear over and over, burn, burn, burn, and if you're not burning calories, you're not losing weight. I'll explain to you why this is not the only way to lose weight in the next chapter.

## Chapter 2

### Stress Reduction

Do you remember the idea I asked you to remember from the previous chapter? It was the idea of “peace.” What do you think of when you hear the word “peace?” You might think of calmness, silence, resting, sleeping—essentially, having no worries. You almost certainly do not associate peace with trouble, anxiety, worry, loudness, or fear. When you do experience one of the last five things I mentioned, where do you experience it? Is it in your mind? You probably answered yes, but do you only experience it in your mind? Think about it, when you’re really worried about something, do you also have physical symptoms. Maybe you get a knot in your stomach or a headache. Maybe you feel tired a lot when you’re under stress. These are physical symptoms being caused by what’s going on in your mind. Believe it or not, another “symptom” of stress can be weight gain.

How is this possible? Well, it is very possible, and has been scientifically documented. When you get stressed by situations in your life, your body releases adrenaline. The adrenaline is to help you get out of a dangerous situation quickly if you need to. But your mind doesn’t realize you’re not in a dangerous situation at the moment that requires you to immediately run and get to safety. All it knows is that there is trouble, and that trouble is causing you stress. That stress could be because of financial problems, relationship issues, worrying about your kids, planning a large event, dreading a doctor visit—all the ordinary things most

of us experience throughout our lives. When you experience this stress, you don't usually go for a run to burn off the energy our body has just given you from the adrenaline. What you probably do instead is just sit there and continue to worry about the issue.

What happens then is that the adrenaline reduces your appetite, but only for a short time. After that, cortisol is released, which tells your body to replenish the energy stores you should have used up by running away from a dangerous situation. It doesn't realize that you didn't actually use up any energy, so it signals for you to feel hungry, and then what do you do? You eat, of course! So even though you may not have been hungry at the time, the stress you were experiencing gave you cravings to eat. Your body didn't need any nourishment at this time, so what does it do? It begins to store what you eat as fat, even faster if what you eat is sugary, which is often what people turn to when they are stressed.

You're probably beginning to see the connection here between stress and weight loss. If you can keep your stress down to a minimum, you have less of a chance of eating when you're not actually hungry, therefore eating fewer calories, resulting in losing weight. If this idea is new to you, a light bulb may be turning on in your head, but you still don't know how to use yoga to reduce your stress. I will guide you step-by-step in the next chapter on how to do this.

## Chapter 3

### Using Yoga for Stress Reduction

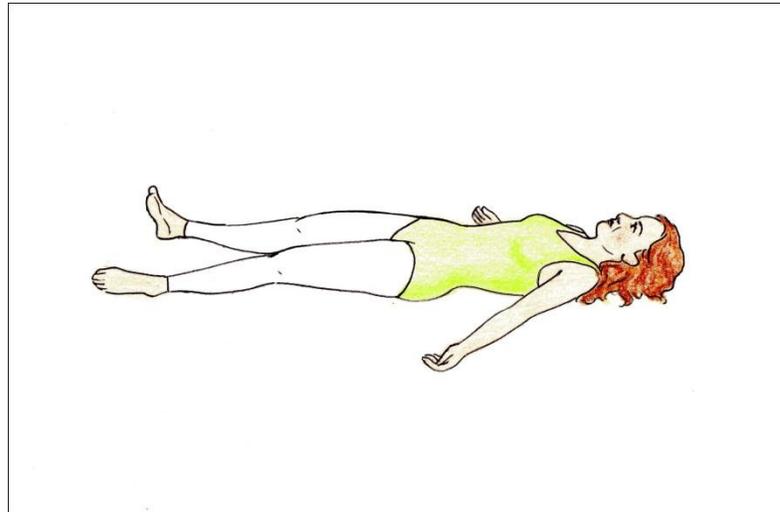
Yoga can reduce your stress like you may not even imagine. In fact, in some cases, it can be as effective as or even more effective than anti-anxiety drugs. The reasons are many, including that it teaches you to focus on the moment. When you're focusing on the moment, you're not worrying about the future, or even about current problems you may be struggling with. It also slows down your brain waves. When this happens, your thoughts become peaceful and focused, and you're not going from thought to thought quickly, which causes stress. Instead, you focus on one thing at a time, and as a result, you are at peace. This peace makes you calm, and changes your outlook on things. This new peaceful outlook easily spills over into the rest of your day, making your thoughts more positive, which helps you handle difficult situations better.

Without a doubt, you would love to be able change your attitude and live a happier, more peaceful life. Who wouldn't? Thankfully, it is actually very easy to get started reducing your stress immediately, and by immediately, I mean as soon as you finish reading this e-book! And as we have discussed, the sooner you begin to reduce your stress, the sooner you begin to stop the process of your body craving food when you're not really hungry and retaining the fat that makes you overweight.

#### Relaxation

Let's get started with the actual process you can use to reduce stress in your life. The first thing I will do is to teach you how to relax your entire body and

your mind. You will do this through what is called the corpse pose. Lie down on your back with your arms extended a little with your palms up. Place your legs at a comfortable distance apart, at least shoulder-width apart, maybe a little more



depending on what's comfortable for you. Close your eyes and breathe naturally. What you are going to do is to make it your goal to relax every muscle in your body and let go of any tension you hold in them. I will teach a technique that will help you do this.

I want you to imagine that a warm fluid is being pumped into your body slowly, beginning with the tips of your toes, and ending with the top of your head. I know this may sound a little strange to you, but stay with me; it does work! As the warmth reaches each area, you will let go of any tension stored there. To help you do this, you may need to first squeeze the muscle as hard as you can, then release it. Let's start with your toes. Imagine the warm fluid flowing into your toes, and as it does, your toes relax—completely relax. There should be zero tension in your toes. Then the warmth flows into the rest of your feet as they relax. Then on into your shins and calves, and then your knees. Now up into your thighs, your pelvic area, your abdominal area and chest. From here, it goes into

your shoulders and down through your upper arms and then your forearms, into your hands and then into your fingers. Imagine it flowing into each finger until it reaches the tip of each one. Then it begins to flow into your neck and up into your chin. When it gets to your mouth, be sure to relax your tongue. Then relax your eyes, then your forehead as the warm liquid flows through it. And finally, it reaches the top of your head.

Now your entire body should be filled with the warm, relaxing fluid, and you should feel completely relaxed. If not, notice the areas that are not relaxed and focus on releasing any tension in them. Once you are completely relaxed, you will focus your mind on some pleasant, peaceful thought of your choosing. If you love nature, you may think about a babbling brook or birds singing, or a beautiful day. Think of anything that gives you peace. Or, you may choose to pray. As a Christian, I pray to God for peace during my relaxation practice, and I think of Bible verses that encourage peace. You can stay in this relaxed state for as long as you want, or at least 2 minutes.

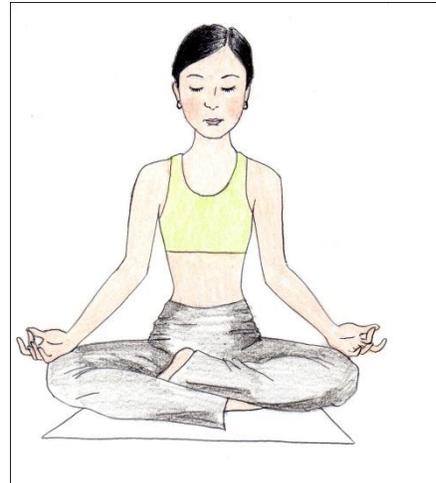
To come out of the corpse pose, first slowly begin to wiggle your feet, and then wiggle your hands. Finally, open your eyes and you are done. You should feel very relaxed and in a good mood.

## **Meditation**

After relaxation, it's good to follow with meditation. When you meditate, you are reflecting on something positive. In your meditation what you reflect on can be anything you choose: peace, a beautiful landscape or sunset, a sound, such as a waterfall. You can reflect on anything that brings you peace and a sense of calm. I personally meditate on the Lord. I praise Him for His infinite power and

the grace and mercy He shows me in my life. It's all up to you what you want to meditate on, just as long as it's positive and peaceful.

The position to meditate in is called the lotus pose. I'm going to teach you a modification of the lotus pose, which is simply sitting cross-legged on the floor. Just be sure your feet don't fall asleep in this position; if they do then move the bottom foot out a little so your other leg is not resting on it, and that should prevent your foot from falling asleep.



Sit up as straight as you can, and rest your hands on your knees, palms up. You can stay like this, or you can touch your thumb and index finger. Close your eyes and breathe naturally. Begin to meditate by reflecting on what you have chosen. Do this for at least 2 minutes. When you are done, you will be refreshed and have a positive attitude to carry into your day.

I highly recommend that you practice the relaxation and meditation techniques you've just learned every day, at least first thing in the morning. This way, you begin your day with peace and a positive attitude and will be better able to confront problems that come your way. If you can, also make time for it before bed, and you will fall asleep easier and sleep better. The more you do it, the better you will feel, and over time you'll begin to notice that things that used to bother you or get you stressed don't affect you quite the same way anymore. But it will only have this effect if you are practicing it every day. You probably have a busy schedule and may not know how you can fit it in, but it will only take you about 4 minutes to do. If necessary, set your alarm to wake up 4 minutes earlier.

Four minutes a day is all it takes to begin to reduce your stress and get you on your way to losing weight naturally. In the next chapter, I'll teach you how to combine your relaxation and meditation techniques with a muscle-strengthening and calorie-burning yoga workout, which will boost your weight loss even higher.

## Chapter 4

### Yoga for Burning Fat

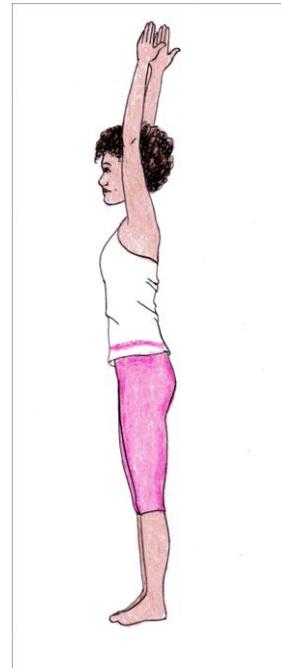
When people hear about yoga for burning fat, many are skeptical, which is why they head to the gym and practically kill themselves running on treadmills etc., believing that they'll burn way more calories that way than doing a few slow stretches. Are you one of those people? If so, pay attention to what I'm about to tell you. Yoga *does* burn calories, and does so in a safer, gentler, more effective way than pushing yourself to the point of exhaustion. Pushing your body to the point of pain is not necessary to strengthen and tone your muscles or to burn calories effectively.

When you push yourself too hard, it can actually work against you in your goal to lose weight. Your body goes into survival mode, especially if you're reducing your calorie intake while pushing yourself so hard. Your body thinks you are starving yourself, so it begins to hold onto as much fat as possible, causing you to not lose any weight. This is not the way to go if you really want to lose weight. It's completely unnecessary, and if you're doing this to yourself, stop now! I'm so excited to tell you there *is* another way! Now let's get started.

I'm going to take you through an easy routine I created especially for you. It contains only simple yoga poses, because I'm assuming if you're reading this book, you're probably pretty new to yoga, or at least new to it as a way to lose weight.

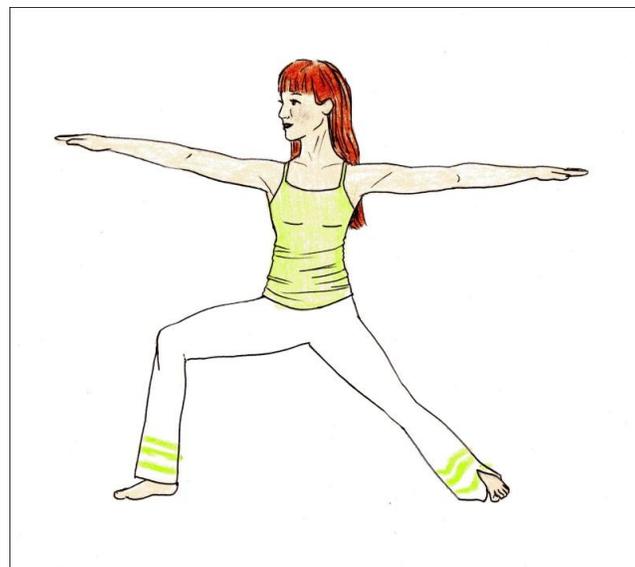
1. **Mountain Pose:** You're basically standing, feet together, back straight, chest lifted, with your arms at your side. Tighten the

muscles in your legs, lifting your knee caps and breathe normally. Then raise your arms straight up overhead. It's as simple as that.



From here, you'll move into warrior II pose.

2. **Warrior II Pose:** Open your legs wide and lean onto your right knee, bending it at a 90 degree angle. Make sure to not let your knee go past your ankle, to protect your knee. Turn your left foot to face

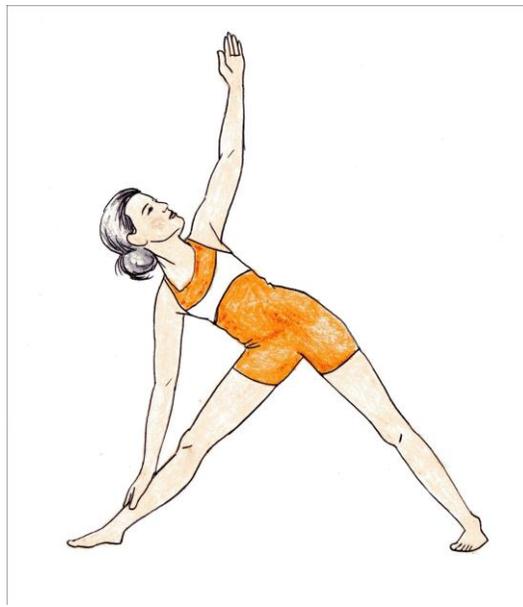


forward.

Extend your arms outward, parallel to the floor. Keep your shoulders down, your

back straight and head lifted. Imagine there is a string attached to the top of your head that is gently being pulled. This helps keep your head and back tall and lifted. From warrior II, you go into triangle pose.

3. **Triangle Pose:** Straighten your right leg, and then bend your torso to the right, keeping your arms extended. Touch your right hand to the ground in front of your right ankle while extending your left arm



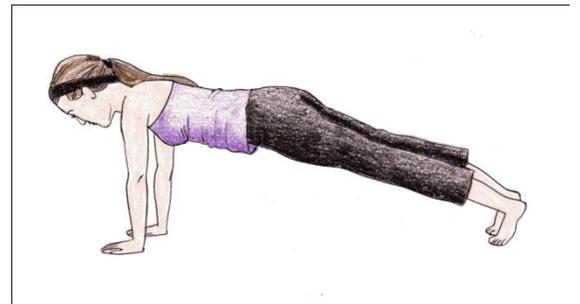
straight above you.

4. **Pigeon Pose:** Now come back up into mountain pose, get down on your knees, and then cross your legs. Put your palms on the ground for support, and extend your left leg straight out behind you while keeping your right leg bent in front of you. This is pigeon pose. In t



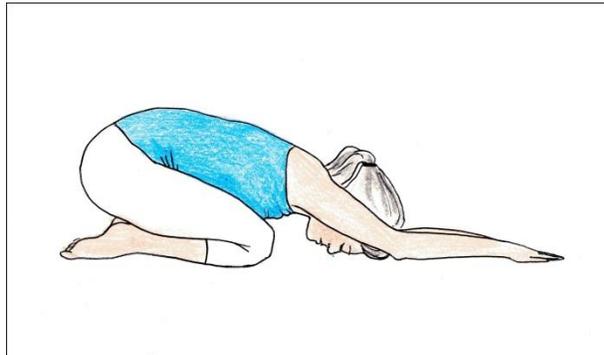
his position, bend your elbows to come down over your right leg for a stretch, then come up and stretch back, lifting your head up and back.

5. **Plank Pose:** Come back down and extend your right leg out with your left leg and curl your toes under and lift yourself up with arms straightened, shoulders directly over the wrists. Pull in your abdominal muscles and lift up your entire body so that it's in a straight line from head to toe. This is plank pose. From here, you'll get a chance to rest a little with child's pose.

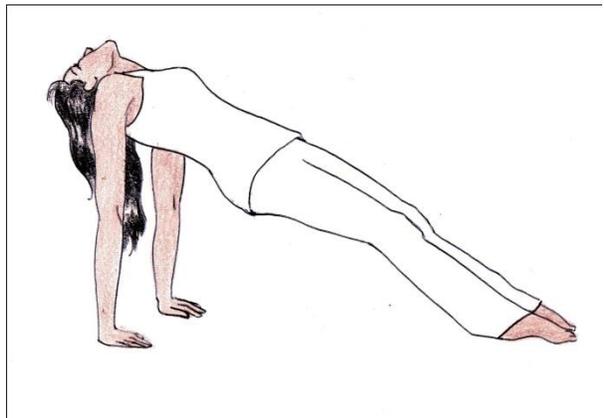


6. **Child's Pose:** Bring your knees to the ground and push yourself back and down until your rear is resting on your heels and your head is resting on the ground (or as low to the ground as you can get). Keep

your arms extended, palms down, and relax for a second or two.



7. **Reverse Plank Pose:** Pull yourself back up onto your knees and bring your legs out straight in front of you. Extend your arms up and back, keeping your arms close to your sides, palms down and facing forward. Lift yourself up as far as you can until your body is in a straight line in reverse plank pose.



8. **Chair Pose:** Lower yourself down, come up on your knees and begin to stand up, but don't straight up all the way. Keep



your legs bent as if you are about to sit down into a chair and extend your arms up in chair pose.

9. **Tree Pose:** Straighten all the way up, keeping your arms extended upward. Now bring your right foot up to rest on the side of your left knee. Then bring your leg back down, and bring arms down to your



sides back in to mountain pose.

Once you have done this sequence, repeat it, starting with your left leg and work on the other side of your body.

Do this sequence for about 10 minutes every day, continuing to alternate sides, and you will begin to see a difference in your muscle strength and your weight. Do it twice a day for 10 minutes and you'll see it happen even faster. You may not think just from reading the descriptions of the poses that you will be getting a cardio workout or burning calories, but do the sequence a few times flowing from one pose to another, and you will quickly see you are wrong.

### Your Daily Workout

If you want results, you'll want to practice yoga every day. You'll need only 14 minutes—10 minutes of the weight loss sequence followed by 2 minutes of relaxation, and then 2 minutes of meditation. Sounds easy, huh? It is!

As I've mentioned before, if you want faster results, do this routine once in the morning, and then again at night before bed.

## Chapter 5

### Benefits

The health benefits of the workout I just taught you are manifold. This program is more than just a weight loss workout. By doing these poses you will become healthier overall as you lose weight. You'll also become happier as you also do the relaxation and meditation practices. Below I've described the benefits of each pose.

#### Benefits:

- As you flow from one pose into another, pay attention to your breath. This calms you and helps reduce your blood pressure
- Mountain: helps you to pay attention to your breath and focus
- Warrior: strengthens the muscles in your legs, and opens your hips
- Triangle: strengthens the muscles in your legs and back
- Pigeon: loosens hips, helps with sciatic pain and stimulates internal organs
- Plank: strengthens entire body, especially your core
- Child's Pose: stretches, thighs, hips and ankles, relaxes you to help relieve stress, helps relieve neck pain
- Reverse Plank: strengthens your entire body, and in particular your arms and legs, and improves posture
- Chair: strengthens your spine, and an overall leg strengthener
- Tree: improves balance, strengthens your legs, and strengthens the bones in your hips and legs

By now, the benefits of this program should be clear to you. Yoga is the ultimate workout because it is for everyone, including children, teens, adults, and even senior citizens. Since there's no bouncing around it's easy on the joints. It costs nothing to get started. You don't need to go out and buy a special pair of shoes because it's practiced barefoot. You don't need any particular workout clothes, just something loose and comfortable. And you don't need any equipment at all; your body is all that is required. When you go on vacation, you can easily fit your workout in because it takes only a few minutes, and you don't have to pack anything extra to weigh down your luggage. It simply fits into your life easily.

This is by far the easiest way I've found to lose weight and keep it off. While other workouts mostly focus on just the physical, yoga also incorporates the emotional and spiritual and unifies them with the physical, recognizing that the former two affects the latter. It is my hope that you will find this workout as enjoyable and as life changing as I have.

I wish you all the best as you start on your weight loss journey with yoga. Feel free to send me an email telling about your results at [yourdiethealth@yahoo.com](mailto:yourdiethealth@yahoo.com). I'd love to hear from you!

*Angela*

*[P.S. Be sure to scroll down for more information on weight loss and health.](#)*

If you enjoyed this ebook, you may be interested in ***Diet for Weight Loss (Coming Soon!)***, in which I teach you how to eat right to boost your weight loss even more!

In this book, you'll learn:

- What to eat and why
- What fats are ok to eat, and that actually help you lose weight
- One tip that will alone do more to help you lose weight than any of the other in the book.

To be one of the first to know when ***Diet for Weight Loss*** is released, be sure and visit [www.yourdiethealth.weebly.com](http://www.yourdiethealth.weebly.com) and sign up for my newsletter.

More exciting diet and health information on the next page!



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