

YOGA POSES FOR WEIGHT LOSS



J.D. ROCKEFELLER

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Yoga Poses For Weight Loss

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Introduction

Yoga isn't just known as a stress buster, but it is also rates as one of the most popular and effective workout regimens for eliminating stubborn fat buildup. Yes, yoga can be used for weight loss and it's very effective. The reason behind this is that: research study has shown that yoga lowers stress causing hormones and in turn increases insulin sensitivity—telling your body to burn up food as fuel instead of storing it as fat. Also known as yoga asanas for weight loss, this guide will discuss different methods at how this ancient practice can help you shed some pounds while at the same time toning your skin and firming up your abs, butt, arms, and legs. You can expect to see results in as little as three weeks.

When practiced regularly, yoga can be a great way to cut down on weight. It is very light on the joint and if done properly under the initial guidance of a professional reduces the chances of injury. Furthermore, you don't even have to spend thousands of bucks on annual gym subscriptions as yoga can be practiced in the comfort of your own home.

The following chapters will discuss some effective yoga asanas for weight loss, and most of all you don't pay a dime.

Chapter 1—Surprising Weight Loss Benefits of Yoga

When strolling along the streets of your neighborhood or city, you may have multiple yoga studios—all ranging from Anusara to Bikram, Vinyasa, and Jivamukti. Bikram is widely popular for sweat-dripping bodies and hot rooms while vinyasa focuses on the flow of movement.

If your objective is to lose body fat and achieve lean muscle, you may wonder and ponder at how yoga can be implemented into your program. The benefits of yoga are near-endless but then, does yoga really help at weight loss?

Yoga Burns 4-7 Calories Per Minute

If you are planning to lose weight naturally, you need to create a deficit of calories. The more calories you burn than you consume, the more weight you'll lose. A pound of fat is equivalent to some 3500 calories.

Yoga sessions typically run for 60-90 minutes. Based on research conducted by the American Council on Exercise, your average person burns some 3-6 calories per minute doing yoga, which in turn equates to 180-360 calories burnt during that session. On the contrary, a kettlebell workout will burn some 13-17 calories per minute, which translates to about 800 or more calories burnt in that hour. This is a big difference in calories burnt.

Although it largely depends on the level of intensity and type of yoga class, certain styles are more rigorous than others such as hot yoga, vinyasa and power yoga, whereas hatha yoga, restorative and yin yoga are slower-paced and more gentle. Regardless the level of intensity of the yoga sessions, circuit training still remains one of the most superior with respect to overall calorie burn and metabolic boost. But even with these calorie differences, yoga poses other benefits that can be of great help to individuals looking to lose weight.

Yoga Can Still Be An Effective Weight Loss Method. And Here's Why

Between the years 2000 and 2002, yogi and medical researcher Alan Kristal conducted studies on how yoga had an effect on weight loss. During the study, 15,500 mid-aged women and men were surveyed about their weight and physical activity over time and monitored for factors like health, diet and different exercise forms that could bring about changes in weight.

The study noted that overweight and normal weight adults who practiced yoga regularly for at least 4 years had fewer chances of gaining weight than people who didn't practice yoga at all. In an actual matter of fact, overweight people who practiced yoga shed an average of about 5 pounds during that 4-year period, much in contrast to non-yoga practitioners who gained on average 14 pounds.

Kristal and other fellow researchers found that: Weight loss didn't have anything to do with calorie burning. He noted that, from a scientific point of view it was not exactly clear at how yoga managed to help people keep their weight low: "Except for some very rigorous yoga practices, there's no need to burn adequate amounts of energy to make a significant difference in regard to weight."

If calorie expenditure did not account for weight loss or maintenance, then what did? Alan Kristal noted that there is a notable association between mindful eating and regular yoga practice, something that wasn't found in other activities like running or walking.

How Yoga Can Help in Weight Loss?

The following are reasons that yoga asanas can help in weight loss, and these include:

1. Effective and successful stress management, which reduces the chances of stress eating
2. Mindful and mindfulness eating
3. Improved body awareness, specifically in relation to satiety and hunger.

While yoga practice does not burn the most calories, it still makes an important accessory to your daily workout regimen. For any weight loss program to become effective, it should maximize calorie burn and encourage the maintenance of lean muscles as well as be founded on cardiovascular and resistance training.

However, yoga can also be used as flexibility and active recovery training in between more intense exercise workouts. The benefits of mindfulness and stress reduction associated with the practice of yoga have the potential to bring about better eating habits, increased self-awareness and improved sleep, which could further mean additional weight loss and enhanced maintenance of weight loss outcomes over time. No matter which exercise you do, a good diet and nutrition are essential. If you fail to adhere to the right diet, then you won't realize any desired results. Eat clean, exercise right and you will be able to achieve your objectives.

Chapter 2—Yoga Poses for Weight Loss

You may ask yourself if it's possible to use yoga poses for weight loss? the answer is yes. While losing weight is not so easy for everyone, but coupled with the right attitude and determination, you can make a real huge difference in the manner you look and feel.

The follow fat-burning yoga asanas can greatly help build up a lean muscle tone and get your metabolism to a great start.

1. Cobra Pose

Even amateurs can achieve amazing results from doing this simple and easy to follow yoga pose, which tones the abs and firms up the butt.

- Lie with your face facing the floor, and the tops of your feet placed flat on the floor.

- Press your hips and legs down. Put your hands beneath your shoulders, fingers spread apart and palms down.

- Gently press into your hands, keeping your upper back and chest off the mat with your head lifted. Keep your gaze up and forward and your shoulder blades back and down.

- Push back your shoulders till you feel the stretch spread along the course of your spine.

- After taking a couple of deep breaths, relax into a prone position gently exhale.

2. Wind-Releasing pose

A fat-burning yoga pose that is ideal for dealing with your abdominal area.

- Lay down on the floor, bringing up your knees to your chest and your ankles close together.

- Clutch your arms over your knees together as your head is brought from the floor.

- Take deep breaths as you feel the stretching work on your abs, exhale and relax slowly.

3. Bow Pose

An advanced yoga pose that can really burn some fat while toning your abs, arms, and legs.

- Lay down on your stomach with your knees bent. Reach around and grab your feet.
- Pull your stomach in and extend your feet upwards, and at the same time raising the upper body. Make sure that your shoulder blades are kept back and down.
- Hold the position for a couple of minutes before relaxing.

4.Side Stretch Pose

This is one yoga pose that burn calories and increase your heart-rate.

- Stand upright with your feet wider than hip-width apart.
- Turn your feet to the right while rotating your torso. With your legs straight, hinge over your right leg and exhale until your torso becomes parallel with the floor.
- Hinge more with every exhale you make, moving the torso much closer to your right thigh. Keep breathing before relaxing and repeating the pose in the opposite direction

5.Warrior I Pose

This yoga asanas for weight loss can work on your arms, thighs, and abs, and is very effective when practiced as part of a sequence such as Sun Salutation

- Standing upright, move your left leg 5 feet to the left and rotate both your feet and torso towards the left.
- Bend the left knee over the toes while at the same time making sure that your right leg is straight.
- Raise both your arms above your head with your fingers pointing upwards, looking at your hands.

Chapter 3—Yoga Poses for Keeping Fit

With the amount of chanting and stationary poses involved in yoga, you may ask yourself how yoga can help you lose weight. The truth of the matter is that yoga can be a very effective weight loss regimen, only if practiced regularly and in the proper manner.

The first thing to keep in mind is that not all types of yoga poses are conducive to effective weight loss. Some poses are better inclined towards helping with relaxation and reducing stress without providing the cardiovascular workout necessary for weight loss. The other factor to consider is consistency. Just as with any other fitness routine, yoga has to be done on a regular basis with a lot of intensity. Finally, it's critical to always remember with any workout routine, you need to combine it with a healthy diet.

Vinyasa: Flow yoga

Flow yoga or Vinyasa is good for any weight loss ambition. This type of yoga pose uses a sequence of Sun Salutations that are executed quickly, allowing for an increased heart rate necessary for weight loss and caloric burn.

One of the best things about Vinyasa is that it has grown immensely in popularity, and that has led to the creation of many weight loss DVDs. With all these options and many more, it is very easy to find Vinyasa weight loss DVD or other manuals that match your level of skill and allow you to start weight loss programs from the privacy and comfort of your home.

Hot yoga: Bikram

If you are looking for a challenge and something intense, you may want to try Bikram yoga. Much similar to Vinyasa, this yoga pose involves a series of poses, but rather than being in cool yoga studio, you'll do your workout in a heated studio, something in the range of 105°F.

When moving through Bikram poses, not only do you burn fat and calories, but you also lose water weight while temporarily eliminating toxins. Keep in mind that Bikram for weight loss involves a very rigorous routine, and, for this reason, shouldn't be attempted by pregnant women or those with certain medical conditions.

Power yoga

Today many gymnasiums now offer power yoga, which is a combination of yoga poses with cardiovascular workouts. The workout pushes you through poses much faster with little time to rest in between.

These yoga poses help strengthen muscles and increase muscle mass, which in turn increases your resting metabolic rate, with the overall outcome being greater weight loss.

Meditation

Mental clarity can be attributed to probably the final benefit of yoga. Yoga helps in the elimination of stress and allows you to take much-needed breaks from your busy and hectic lifestyle. Taking a brief rest from the throbs and hustles of modern life can give you the opportunity to re-evaluate and assess your lifestyle choices.

Chapter 4—Ways in Which Yoga Promotes Weight Loss

Yoga is a prehistoric practice that has always focused on the benefits it brings to those who practice it. It would most certainly be a dogmatic approach to consider it only to be based on spiritual elevation and nothing more. Yoga poses are tools that help the body, mind and soul. They can be practiced as need based on the individual's unique requirements. Today's western society suffers from issues like obesity, and for that it needs many long-term healthy approaches to weight loss.

One of the first approaches that address underlying causes is to consume a healthy diet with nutrient-rich organic foods. Another approach would use the prehistoric science of yoga. A combination of these can bring about amazing results.

- Stimulate the crucial force of the liver

Our liver has many important functions. It is a powerful cleanser and detoxifier. It processes all kinds of fats and purifies the blood. If your liver is strong and healthy, it can eliminate bad fats and make the good fats work better for you.

The liver gives you much needed energy by storing glucose and stimulating the production of coenzyme Q10, which powers your muscles. Performing certain yoga poses helps you strengthen the vital force of your liver in more profound ways that will bring about optimal functionality.

Backends are notably the most ideal poses for the liver:

- Bhujangasana (cobra pose)
- Chakrasana (wheel poses)
- Dhanurasana (bow pose)
- Matsyendrasana (spinal twist)

- Activating the thyroid gland

The thyroid gland is responsible for secreting a certain metabolism regulating hormone. An important factor that determines whether our bodies have a high metabolism that burns plenty of fat is whether the gland is active or not. The majority of people who are susceptible to weight gain have a

condition called hypothyroidism, with the term “hypo” meaning low. A number of yoga poses can help rectify the dysfunction.

- Matsyasana (fish pose)
- Sarvangasana (shoulder stand)

•Creating the right pH balance – Alkaline

If your body has low pH levels (acidic), it will attempt to protect itself from the acidity by storing and using fat as a buffer. This can be extremely precarious because visceral fat (that found in the blood vesicles and organs) accumulates within the arteries and veins, constricting the passage for blood and obstructing blood vessel activity. The result of this is the heart overworking just to ensure blood circulation. If this prolongs, the heart will become exhaust and a heart attack may be imminent. The condition is called arteriosclerosis. For this reason, it is important for the body to maintain the right pH. The most suitable pH is in the range of 7.35. And the majority of people who suffer from overweight generally have an acidic pH.

The best yoga poses to improve alkalinity are:

- Janushirasana (head to knee posture)
- Paschimottanasana (seated forward bend)

•Find the perfect balance between parasympathetic and sympathetic nervous system

Overweight bodies normally experience a tremendous amount of stress. Their nervous systems are constantly under pressure from different lifestyle decisions. They are often seated under neon lighting or on their desks under the healing sun. They breathe in air-conditioned, stale air instead of air that's clean and rich in oxygen.

Such people spend long periods of time staring at their computer screens and not looking at nature, as well as being always under pressure to meet hectic schedules and deadlines. If the nervous system becomes under enormous stress, it will set off a chain reaction within the body, yet the body will, on the other hand, require soothing and relaxation. To achieve this, a perfect balance between parasympathetic and sympathetic nervous system has to be found. The most ideal yoga poses for this are:

- Viparita Karani (your legs up against the wall)
- Savasana (corpse pose)

- Activating the internal heat in the body's nervous system

Many overweight people think that attending hot yoga classes are the most ideal way of losing weight. Unfortunately, the reality is much different. Ancient yoga practitioners never heated their hermitage in the Himalayas or caves 40 degrees so they could be able to practice their asanas in this mornings. They did the contrary; instead, they created body warmth by creating internal heat using nerve tension/ length. This approach is one of the best there is as it automatically and instantly makes the body start feeling warmer.

The most ideal yoga poses for this are:

- Anjaneyasana (lunge)
- Paschimottanasana (seating forward and bent)

Chapter 5—Is Yoga Asanas Appropriate for Weight Loss?

If you do yoga poses, then your excess weight will disappear. For instance, when people start with kriya yoga, some people will begin to lose weight while some will gain. If your digestion couldn't convert food into muscle when you started kriya yoga, then the poses will fire up your metabolism and get your body digestion food better than before.

Yoga poses for weight loss—Understanding the food factor

Yoga poses help rejuvenate the body and bring in a greater sense such that you won't get the urgency to overeat. Once you reach a certain level of awareness, your body will re-adjust to just a situation that you'll only eat when you need to. The body will be able to tell you whether now is the time to eat or not, and what to eat because it will be in weight-loss mode.

Yoga, strength training, and weight loss

The body is a very phenomenal structure. What the human muscles can do is out of this world. And this can be further enhanced by strengthening them, and at the same time making them very flexible. If you do a lot of weightlifting, you will get big muscles, but they won't be flexible. In general, people with huge and massive muscles can't execute a namaskar properly. Furthermore, they can't even bend.

Conclusion

Yoga poses don't only help bring peace of mind and other health benefits, but they can help you lose some weight, which in turn will bring about a plethora of health benefits. It is important to know the right poses that can aid in your weight loss ambitions. If you are not sure about the poses to choose, a qualified and experienced yoga instructor is one person who will be in a position to.

Be patient, take your time and do the poses properly. Yoga for weight loss is not some magic pill, but rather it requires dedication and regular practice.

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